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ABSTRACT

This guide was prepared as an instructional tool for use with adults who are low level or nonreaders or Spanish speaking/reading and who are on probation because of traffic violation. The course is intended to provide basic information on alcohol and its relationship to driving and social living. The first part of the guide contains the curriculum outline developed to reflect the current thinking of Group Dynamics instructors, Division of Motor Vehicle driver analysts, and state consultants. The second part contains the student handout materials developed in English and Spanish at an adult basic education level of third or fourth grade for ease and understanding by students with low level reading skills. Student information materials are also available in audio cassette form for use by students with limited or no reading ability. Materials were field tested and refined for maximum effectiveness, although instructors using this curriculum guide are advised to update it periodically as new materials and ideas become available. (Author/RF)

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Restructuring the Group Dynamics

Program for Low Level or Non-Readers

Gateway Technical Institute

CG 012771

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ABSTRACT

The restructuring of the Group Dynamics Program curriculum for low level or non readers was developed to improve instructional effectiveness. The problem of how to provide meaningful instruction to individuals with whom it is difficult or impossible to communicate within the oral domain.

Specific objectives accomplished by the project are as follows:

1) Modified the written Group Dynamics Program student information materials to an elementary reading level for students with limited reading ability.
2) Transcribed the above written materials to audio cassettes for use by students with limited or non-existant reading ability.
3) Translated the above materials into Spanish, both the written materials and the audio cassettes for use by Spanish speaking (reading) students.
4) Field tested the materials developed and made the necessary modifications.
5) Conducted an in-service workshop for Group Dynamics Program instructors at Gateway to insure the most effective use of the materials developed.

The development of the materials was under the direction of an experienced Group Dynamics teacher/counselor who was assisted by translators in adult basic education and Spanish. Curriculum materials were first developed at the adult basic education level of third or fourth grade and then translated in Spanish. The materials were field tested and refined for maximum effectiveness.

GROUP DYNAMICS

LOW LEVEL/NON READERS

CURRICULUM GUIDE

This guide was prepared as an instructional tool for Group Dynamics instructors who are confronted with students that are functional illiterates/ low reading skills or Spanish speaking/Spanish reading ability.

Part I of this guide contains the curriculum outline developed to reflect the current thinking of Group Dynamics instructors, Division of Motor Vehicle driver analysts, and state consultants. Part II contains the student handout materials developed in English and Spanish at an adult basic education level for ease and understanding to students with low level reading skills.

Instructors using this curriculum guide should consider up-dating this document periodically as new materials and ideas become available. At this point in time it represents the current thinking of those involved in Group Dynamics.

PART I

PROGRAM OUTLINE

LOW LEVEL OR NON-READERS

GROUPS DYNAMICS

Suggested Program Outline

Intake Session

I. Group Discussion - 15 minutes

A. Discuss date, time and place of class

B. Handout "For Your Information" sheet and review

C. General Information

1. Retained driver license in lieu of revocation

2. Six points assessed to driver license record

3. Suggest Traffic Safety School point reduction program to gain additional points.

4. Second OWI would mean: one year revocation; five day minimum jail sentence; and felony charge.

D. Overview of Course

1. 15 student class size

2. Informal group discussion

3. Not advocating total abstinence unless a problem and when driving.

4. Topics in class deal with drinking/driving

5. Appropriate films, video-tapes, and fliers are used.

6. Goals for course

a. Provide basic alcohol information and its relationship to the driving task and social living.

b. Identify the student's alcohol involvement level.

c. Facilitate appropriate action so that the student will not drive while intoxicated.

II. Individualized Counseling - 1 hour maximum (Continuation of 1 above)

A. Employment, Family Relationship, Self-interest Areas

1. Discuss employment record - like work, steady, any problems.
2. Family activities, relationship with spouse, parents
3. Self interest like hobbies, recreational, etc.

B. Driving Record

1. Prior violations - any alcohol related

C. Arrest and Drinking Habits

1. Discuss how the individual's arrest occurred.
2. Have him/her describe a normal week's drinking activity and expense.
3. Where does he/she drink and why?

D. Possible Referral

1. If problems are identified recommendations for appropriate action may be necessary to: Mental Health Association, Council on Alcoholism, Family or Marriage Counseling, or A.A. meetings.

E. Promotion of VTAE Services

1. Veteran's Counselor
2. Full or part time programs or courses
3. Placement services
4. Vocational testing and counseling

F. Complete an evaluation form plus any narrative that would benefit the instructor if interviewer will not be the instructor.

Instructional Aids and Supplies

Student Handout Materials

1. For your Information - English and Spanish
2. Data Form - English and Spanish

Non Print Audio Cassett

1. For Your Information - Spanish
2. Group Dynamics Overview of Course - Spanish
3. Data Sheet - English and Spanish

Equipment

Portable Cassette Tape Recorder

Phone _____

GATEWAY TECHNICAL INSTITUTE

TSS GROUP DYMANICS
WRITTEN EVALUATION FORM

Name _____ ___JH ___NCA ____BAC

Education Level _____ Day & Time of Arrest _____

I. Employment Status

A. Presently a (job title) _____

B. Is___ Isn't___ satisfied with job.

C. Past employment indicates: ___frequent changes ___periods of unemployment ____absenteeism. Other _____

D. Job is___ isn't___ in line with his/her educational/training standard.

E. Alcohol related (A, B, C, D) _____

_____

II. Family Relationship

A. Marital Status: ___Single ___Married ___Separated ___Divorced ___Widowed

B. Home relationship with spouse/parents is: ___Good ___Fair ___Strained ___Poor

C. Family related activities _____

_____

D. Self-related activities _____

_____

E. Police Contact: Alcohol Related
Traffic Violations _____

___No previous contact ___Disorderly charge by spouse ___Frequent family calls ___Neighbor complaints

F. Alcohol related (A, B, D, E) _____

_____

G. Reason for arrest _____

III. Physical Condition

A. Physical appearance reveals: ___A nervous shakes condition

___Malnutrition ___ ___Malnutrition

___A healthy complexion ___A restless condition ___Obesity

___A ruddy complexion ___A speech impairment ___Taking medication (purpose-kind)

___A physical disorder (specify) _____

IV. Drinking Habits

A. Drinks: ___daily ___after work ___on weekends ___on days off

___special ofcassions Other_____

B. The quantity consumed in a typical drinking ocassion is_____
(no. of drinks)

and the beverage is: ___beer ___wine ___hard alcohol ___mixed drinks

Other _____

C. Drinks: ___alone ___with spouse ___with friends

D. At: ___home ___work ___a bar ___a friend's home ___in a car

E. The amount spent on alcohol per week is $_____.

F. Tolerance to alcohol has: ___increased ___decreased ___same

V. Sought Help for Drinking

A. Previous help was sought for drinking by (whom)_____

B. When (date)_____

C. Agency _____

VI. Areas of Concern - Other Than Above Checked Information

(Suggestion: review JH, NCA, test; what is his/her chances of a successful life-style change in behaviour; previous drinking history involving alcohol; and any further clarification of the above mentioned topics)

_____

_____

_____

_____

_____

_____

_____

_____

Ultimate decision relative to the information submitted rests with the instructor.

_____ _____
Pre-Interviewer Instructor

Date _____ Date _____

GROUP DYNAMICS

SESSION I

Instructor should attempt to personally greet students prior to start of class. Perhaps shaking their hands and a few words of praise will help them feel more at ease. Arrange chairs in circular fashion.

OBJECTIVES: 1. To develop an atmosphere of classroom trust

2. To explore the role of alcohol in our society

I. STUDENT FEELINGS

A. How do you feel about being here today/tonight?

B. Do you feel you should be here?

C. How do you feel about telling others you are attending these sessions?

II. GOALS

A. What are your goals for being here?

B. Relate program goals

1. Basic alcohol information

2. Assist in individual self analysis and appropriate action

3. Facilitate appropriate action so another DWI will not occur

III. ESTABLISH RAPPORT IN CLASS (GRADUAL TRUST BUILDING)

A. Fill our name cards and place on desk.

B. Students pair off - give each 3 x 5 card/pencil.

1. Each individual share whatever comes to mind for 10 minutes.

a. Interest areas, hobbies, job, family, where live, etc.

b. At 10 minute point have each student write down on card two words which come to mind describing his/her partner.

c. Have each individual relate to the class their words. Note positive. Good feelings expressed.

C. Have students introduce partner to class.

Why?

1. In room where no one knows each other you can hear a pin drop.

2. In room where people know each other (club, etc.) different atmosphere exists--talking, relaxation, etc.

D. "Envelope" Exercise

An envelope containing two paper triangles, two 1" paper squares, two 2" paper squares, and two rectangles of the same size and color scheme made from colored poster paper should be provided to each student.

1. One individual acts as the instructor with partner acting as the student (roles are switched upon completion of exercise)

2. Designated "instructor" and student arrange their chairs so they are sitting "back-to-back".

3. "Instructor" is to now arrange his pieces in front of him in some sort of design.

4. The "instructor" is told that he is to provide verbally, information that will allow his/her partner to put together the same design. (He cannot turn around to see what is happening.)

5. The partner is told he/she cannot ask questions or talk nor turn around until the instructions cease.

6. Upon completion of instruction - the designs are compared for accuracy and likeness.

7. Now roles are switched and played out.

8. Upon completion the group facilitator conveys purpose of the exercise. Proper input is absolutely necessary for an accurate output as you found out. In relationship to our class, if you provide honest and sincere input we can come up with a meaningful and purposeful class. The class will be only as good as you allow it to be.

V. DISCUSS ROLE OF ALCOHOL IN OUR SOCIETY

A. Discussion - why people drink? (Spanish student's tape) Feelings, Goals, Role of Alcohol in Our Society.

Let's look into the matter of why alcoholic beverages are consumed. Not everyone will have the same reasons, so let's list some of those reasons on the blackboard.

1. Social Pressure (Peer or Group Pressure)

   Our desire to please others often provides us with powerful motives to go along with the drinking crowd. Most of our social gatherings today include serving alcoholic beverages.

   Question: How many people have taken a drink when they really didn't want one?

2. Independence/Curiosity

   Drinking to some persons gives them a sense of independence and importance. It's "grown-up" to drink.

3. Like the Refreshing Taste

4. Out of Habit

   Many people have repeated the act of drinking until it becomes a firmly established habit. Continued drinking causes one to develop a tolerance for more and often, stronger beverages.

5. Reliance

   Various people rely on alcohol to become what they normally aren't.

   Example: The young individual is shy, but after a few drinks builds up confidence to talk to a girl or ask her for a date.

   Example: The young lady seeks to overcome her lack of success socially by accepting an extra drink to become a better social mixer. This crutch, she soon discovers, must continually be used if she wishes to be satisfied with herself or her drinking friends.

6. Relaxation/Euphoria

   After a hard days work, in an attempt to release some of the tension produced by his lifestyle, he utilizes alcohol as the ingredient to release this tension. Alcohol depresses or tranquilizes the brain, thus providing us with a sense of relaxation.

7. Sociability

   Most drinking is done in company, and that frequently

results because someone is seeking companionship. Alcohol sometimes aids in bringing about freedom from self-consciousness in free emotional expressions, and spontaneity in conversation. A person under the influence of alcohol may laugh easily and loudly, yet be as quick to opposite emotions of resentment or hatred.

All of us may have noticed particular care has to be taken by drinking companions in discussing personal attributes.

For Example: Many good friendships are dissolved as the result of misunderstandings between friends who have been drinking than between friends who are sober.

8. Escape

When the need for excitement, relaxation and sociability is met by using alcohol, habit becomes to develop, and the drinker uses this as a means of escape.

Both the poor and rich have their own reasons to escape from the problems and realities of life and both may do it through the abusive use of alcohol.

Alcohol becomes the avenue of escape from:

a. Getting old

b. Social surroundings

c. Friends, relatives, neighbors

d. Business associates

e. Work pressures (insecurity, disagreement)

f. Boredom

g. Illness/sickness/physical discomforts

h. Family/marital difficulties

i. Frustrations

B. Introduce Film: "Joe's Day"

After being convicted of OWI, Joe, who is a printer, is told by the judge he must control his drinking. Later he is repeatedly confronted with drinking situations. The camera will momentarily stop the action during each drinking situation confronting Joe.

Discussion questions for small group activity during "break". (Type up on sheet and hand out)

1. How does Joe feel when told by the judge he must get his drinking under control?

2. Do some people have more difficulty than others when confronted with the kinds of situations shown in the film? Why?

3. When was Joe under pressure to drink? (Billboards, radio, magazine ad, waitress/lunch, time clock, Barney's Bar, neighbor, racetrack, old friends)

4. Why do some people try and force drinks on friends?

5. If someone was trying to force you to do something you didn't want to do, how would you handle it?

When groups come back after break ask:

1. How many drinks will Joe have at: lunch, Barney's, home with neighbor, racetrack, after races?

2. How will it affect his driving?

C. Discuss - Why people drink and drive when "under the influence"

1. They are unaware of the seriousness (50 per cent of all highway fatalities are alcohol related)

2. They have drank and driven before and nothing has even happened.

3. They have no other way home.

4. They feel chances of being stopped are slim and none.

5. They feel they are functioning normally and only slightly impaired.

D. Effects on our Society

1. Establishment of treatment centers and operating costs.

2. Traffic accidents and increased insurance rates.

3. Utilizing and overburdening hospital and rescue squad facilities.

4. Lost time, shoddy work in industry due to accidents, hangovers, etc.

5. Overburdening our law enforcement and court room situation.

   a. Traffic arrests

   b. Family disturbances

   c. Divorces

Instructional Aids and Supplies

Instructor Narrative

Feelings, Goals, and Role of Alcohol in Our Society

Non-Print Audio Cassette and Visuals

1. Audio Cassette

   Feelings, Goals, and Role of Alcohol in Our Society-Spanish

2. Visual Aid

   Joe's Day - Source: University of Wisconsin-Extension
   610 Langdon Street, Madison, Wisconsin 53706; or
   Office of Highway Safety, Coordinator's Film
   Library (608/266-2061)

Supplies and Equipment

1. Pencils
2. Folders
3. Name cards/magic markers
4. 16 mm projector
5. Joe's Day - Discussion question sheet
6. Envelop exercise
7. 3 x 5 cards

SESSION II

OBJECTIVES:

1. To continue development of atmosphere of trust and concern.
2. To develop a functional understanding of the MVD point system.
3. To review driver records for possible alcohol correlation.
4. To examine consequences of drinking/driving in relationship to risk assessment/losses.
5. To identify individual beliefs concerning BAC/impairment.

I. SHAPING OF EXPERIENCES

A. I'd like to have you give thought to an experience or situation you have encountered since we last met that you might share with our group.

1. Work, home, social life
2. Might be television program, football game, movie, bar happening, etc.

B. Instructor begins conversation by sharing his thoughts first with the group.

II. REVIEW MAIN CLASS OBJECTIVES

By asking class to identify them. Question: if someone asks you what the Group Dynamics program is trying to do, what would you tell them?

A. To provide basic alcohol information.

B. To help the student objectively assess his/her alcohol involvement and seek appropriate action.

III. DISCUSSION ON POINT SYSTEM

A. Pass out point plan sheet which goes through a simulated example. Discuss with class.

B. Stress MVD goes by arrest date and not conviction date in totaling points.

C. Remind students of Driver Improvement course and 3 point reduction.

IV. BRIEF REVIEW OF DRIVER RECORDS FOR ALCOHOL RELATIONSHIPS

(5 minute allowance optional exercise)

A. Pass out driver record to each individual

B. State: I'd like to have you tell the group what convictions you have and after each if any drinking had been carried on beforehand. Please do not go into detail about how arrests happened.

C. Start at one end of the circle and go around the group. Keep statements brief.

V. DISCUSSION - COST OF DWI ARREST EXPERIENCE.

A. List on paper what your DWI experience cost you - monetary or other items which cost cannot be measured.

B. Break class into small groups and discuss.

C. Return class to large group and list items on board.

MONETARY	UNMEASURABLES
Court costs	Spare time
Class costs	Class involvement
Lawyer Fee	Court involvement
Car repairs	Arrest and court inconvenience
Loss of work hours	Mental anguish and embarrassment
Medical bills	Lawyer visits
Insurance premium	Body shop visits
Loss of license	Pain, suffering
	Family disturbance

D. Risk Assessment

1. What would a repeat arrest mean to you?

2. What would loss of license mean - has anyone ever had this experience? Share feeling with group.

3. Is the gain worth the risk at this point for you?

VI. DISCUSSION OF BLOOD ALCOHOL CONTENT

A. Discuss questions:

1. Were you surprised at your BAC reading?

2. Do you think you (your driving) was affected by what you drank at the time of your arrest?

3. How does alcohol affect you when you drink? (Instructor visits group sessions and where appropriate may ask--why is a "drink" alcoholic when we could just as well drink soda, orange or other juices, coffee, etc.?

B. (Optional) Introduce and show film - Drink, Drive, Rationalize

1. Reveals individual beliefs as to why they were "not affected" by what alcohol they drank and resultant actions.

2. Statements made include:

Eat a lot and not be affected
Drink only beer
Conditioned to daily drinking
Exercise, sweat sobers me up
I know my limits
Coffee always sobers me up
Little guys can drink as much as big guys

3. Show film

Instructional Aids and Supplies

Student Handout Materials

1. Alcohol, the Great Remover - English and Spanish
2. They Want Stricter Drunk Driving Laws - English and Spanish
3. What Was Your Estimated Total Cost of Your Arrest? - English
4. Point System (optional) - English

Non-Print Audio Cassette and Visuals

1. Audio Cassette
   a. Discussion of OWI Arrest Costs--Experience - Spanish
   b. Alcohol, The Great Remover - Spanish
   c. They Want Stricter Drunk Driving Laws - English and Spanish
2. Visual

Drink, Drive, Rationalize - Sources: Foundation for Traffic Safety, American Automobile Association; or Office of Highway Safety Coordinator's Film Library (608/266-2061)

Supplies and Equipment

16 mm Projector

SESSION III

OBJECTIVE: To provide the student with a knowledge of basic alcohol information.

I. DISCUSSION - Think of a time/situation when you were drinking or were with someone else who was--and was really scared because of the situation/happening.

A. Instructor shares his experience first

B. Summarize by saying--we tend to remember the "good times" associated with drinking and forget about the negative aspects. We want you to be aware there are two sides, that the negative can be very tragic.

C. Pass out sheet "Motorist Hits, Kills Bicyclist" or "They Want Stricter Drunk Driving Laws."

II. ALCOHOL INFORMATION

A. Alcohol is a central nervous system depressant

1. It gives a person the illusion of being a stimulant

2. It gradually puts the body to sleep

a. Deadens Nerves

(1) Pain killer - in Wild West when operating for bullet - gave individual whiskey

(2) People drink after work to relax nerves

b. Memory Losses - Blackouts

c. Eventual Loss of Body Vital Functions (heart beat, respiration, etc.)

B. It is poisonous in excessive amounts

1. Cirrhosis of the liver

2. Destroys brain cells

3. Remover of good things in life
(See sheet) Alcohol...The Great Remover From Signal Press

C. It is a drug

1. 9 out of every 10 drug problems in U.S. are alcohol related

2. Few people see alcohol as a drug as they would marijuana or heroin.

3. Physical dependence on its continued use

4. Withdrawal symptoms are deadlier than heroin

D. Absorption

1. Alcohol doesn't require absorption - can be absorbed directly into the bloodstream.

2. 20 per cent of alcohol absorbed through the walls of the stomach - a slow process.

3. 80 per cent of alcohol is absorbed quickly into the blood through the small intestine.

4. Fatty foods slow down absorption.

5. Direct passage to blood stream if stomach is empty.

6. Absorption varies - ask class

a. Food in stomach

b. Time drinking

c. Amount and type of drink

d. Size of individual

E. Elimination

1. Liver--90 per cent metabolized through liver

2. Urination, breath--9 per cent

3. Sweat--1 per cent

4. Physical exercise, coffee, fresh air, cold showers do not effectively speed up metabolism. Only makes body feel more comfortable. Time is only remedy.

III. <u>ALCOHOL AND ITS EFFECT ON THE HUMAN BODY</u>

A. Mouth and Throat

1. Alcohol leaves a slight vapor present in the mouth after the beverage is consumed. They dissolve in a short period of time. As a result, breathalyzer operators wait 20 minutes following the last drink before administering the test.

2. Alcohol irritates the mouth/throat as well as other body tissues. (When pure alcohol is wiped on your skin it creates a dryness)

B. Stomach

1. Alcohol stimulates acid production in the stomach - may lead to damaging the lining.

2. With increasingly heavy use, bleeding ulcers may occur.

C. Small Intestine

1. The speed and intensity of the intoxicating effect depends upon how quickly the alcohol moves from the stomach into the small intestine.

D. Blood

1. Alcohol is absorbed into the blood from stomach and small intestine.

2. Blood carries alcohol to all parts of body.

3. Thickening and degeneration of blood vessel walls occurs with chronic heavy drinking.

E. Heart

1. Rather than stimulating the heart, alcohol slows it up.

2. Alcohol produces changes which interfere with normal absorption of vitamins and nutrients.

F. Brain

1. Alcohol acts on the brain like an anesthetic.

2. The more complex higher brain centers are first affected - controlling behavior, judgment, speech, memory.

3. All mental activity slows down.

4. Self control and behavioral restraints (inhibitions) are paralyzed.

5. Pass out sheet - effect of alcohol on the brain.

6. Brain cells are destroyed with possible permanent brain damage.

G. Respiratory System

1. Respiration is not significantly affected until BAC reaches .20 - .60 per cent at which time it slows finally to point where it ceases to function.

2. Heavy use of alcohol is connected with susceptability to inflammatory and infectious diseases.

H. Liver

1. Organ processing most of the alcohol in the body and most seriously affected by heavy drinking.

2. Function is to purify the blood

3. Alcohol prevents the liver from burning its normal fuel-fat, burning alcohol instead.

4. Liver injury can be produced by amounts of alcohol that do not cause intoxication. (One does not have to be "drunk" to experience liver damage)

5. Fatty liver results, cells are destroyed and replaced by scar tissue.

6. 10 per cent of alcoholics develop cirrhosis.

7. Other symptoms

a. Loss of appetite
b. Jaundice and hepatitis
c. Gout
d. Weakness feeling
e. Weight loss
f. Chronic indigestion and constipation

I. Kidneys

1. Alcohol dehydrates the body

2. Alcohol increases the urinary activity, due to alcohol neutralizing the pituitary gland.

3. Excessive use causes kidney swelling, putting it somewhat out of kilter retaining waste products letting important substances to leave.

IV. ALCOHOL AND ITS EFFECT ON DRIVER ABILITY

A. Discuss

1. Muscle Coordination

   a. Balance

   b. Tongue control

   c. Seagrams handwriting sheet

2. Vision

   a. 80/90 per cent of all driving decisions made are based on what we see - important!

   b. Alcohol reduces visual activity, depth perception and field of vision.

   c. Alcohol reduces ability to distinguish between small differences in light, i.e., brake light/tail light. Alcohol reduces night vision.

3. Feeling of well being - lose ability to see yourself as others see you. (Videotape of behavior in police station)

4. Altered judgement, decision making brain gradually goes to sleep - comparable to defective computer.

5. Dulling of attention span (concentration)

6. Removal of inhibitions, restraints, fears.

7. Slowing of reflexes.

B. Film - Drinking Drivers (General Motors)

1. Introduction - Drivers are put through two exercises involving reaction time/coordination. Results are recorded after sober runs and after varying levels of intoxication are reached.

2. Post Discussion

   a. First driver consumed 12 oz. bourbon, changed from highly dependable driver to highway hazard. Hit barrels three out of four tries.

   b. Second driver (.15) What characteristics did he exhibit after drinking?

(1) Carelessly spun steering wheel

(2) Inability to coordinate hand movements

(3) Unable to react to turns

(4) Felt he had remained perfectly sober

c. Third driver (.18) What do you notice about him?

(1) Dazed, uncertain

(2) Spilled cigarette ashes

(3) Noticeable weaving of key to ignition

(4) Thrashing at wheel

V. DISCUSSION OF B.A.C.

A. Tested three ways - Blood, Breath, Urine

B. Pass out calculators

1. Calculate what you can drink in one hour period to reach the .10 level.

2. Calculate what you can drink in a three hour period to reach .10 level.

C. Remind students the calculator is only a guide and not sufficiently accurate to be considered legal evidence. The figures calculated are averages. There are no safe levels for some people. "Impairment" varies among individuals, that they can be arrested for "OWI" with less than .10.

D. Implied consent

Instructional Aids and Supplies

Student Handout Material

1. "Motorist Hits, Kills Bicyclist" - English

2. Chart For Responsible People Who May Sometimes Drive After Drinking - English and Spanish

3. What's The Meaning of Implied Consent? - English and Spanish

4. Alcohol and You - English

Non-Print Audio Cassette and Visuals

1. Audio Cassette

   a. Alcohol Information and Effects on Driver Ability - Spanish

   b. What's The Meaning of Implied Consent? - Spanish

2. Visual

   Drinking Drivers Source: General Motors Corporation, Public Relations Staff - Film Library, General Motors Building, Detroit, Michigan, 48202

Supplies and Equipment

1. 16 mm projector

2. BAC calculators

SESSION IV

OBJECTIVES:

1. To identify individual drinking histories.

2. To examine contributing factors in events occurring before the OWI arrest.

I. PLOTTING OF DRINKING HISTORIES

A. Pass out acetate sheets with water soluable felt pens

B. Instructor takes his/her pre-prepared drinking history and reviews it with the class utilizing the overhead projector.

1. Chart starts with first drink/alcohol consumed in life and surrounding circumstances.

2. High and low points are plotted through present time.

3. Each peak and valley is identified i.e., divorce, marriage, job change, etc.

4. Amounts and frequency are identified to the group.

5. (optional) Instructor may show and discuss briefly four or five drinking histories of former students which reveal thought and significance.

C. Students are now asked to plot their drinking histories using the above information. OWI arrest times are also identified.

II. CLASS INVOLVEMENT WITH DRINKING HISTORIES

A. Individuals are asked to share their drinking histories with the class.

B. Questions may be asked by class members at any time.

C. When OWI arrest is reached, individual relates day's activity beforehand, significant areas, thoughts, pressures, etc. are identified.

Instructional Aids and Supplies

Student Handout Materials

Twelve Hours Before Your Arrest - English and Spanish

Instructional Aids and Supplies

Non-Print Audio Cassette and Visuals

Twelve Hours Before Your Arrest - English and Spanish

Supplies or Equipment

1. Overhead projector
2. Water soluble felt-tip pens
3. Acetate sheets 5½ x 8½
4. Drinking histories of previous students (optional)

SESSION V

OBJECTIVE: To acquaint students with realities of alcoholism, the full extent of its progressive nature, and availability of treatment services.

I. SET UP SCALE FROM 1 - 7 ON BOARD

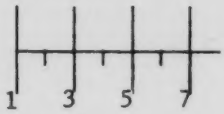
Labeling as follows:

Non-drinker - 1

Social drinker - 3

Problem drinker - 5

Alcoholic drinker - 7



A. Define an alcoholic drinker through the group process.

1. How many people know an alcoholic?
2. Why do you call him an alcoholic?
3. Arrive at final conclusion.
   a. An alcoholic is one who cannot control his drinking.
   b. Utilize booklet "I Can't Be An Alcoholic Because..."

B. Define problem drinking

1. Someone who may only drink on weekends but often gets drunk.
2. Someone whose drinking causes him continuing difficulty in any area of his life - job, family, health, or is costing more money than he can afford.

C. Social drinking

1. What do you see as social drinking?
2. Knowing when to stop.
3. Never having to say you're sorry for what you did while drinking.
4. Drinking and talking with friends.

D. Non-drinking

1. Someone who refrains from consumption of any alcoholic beverage.

E. Have students now rate themselves as to where they see themselves on the seven step scale. Have them write down their rating on inside of their name card.

F. Pass out small slips of paper which contain a class member name until everyone has names of all class members including the instructor.

1. Master list can be made in advance by taking an 8½ x 11 blank paper - ruling it into 16 equal blanks, then writing in the class names. 15 copies can be made and cut apart for distribution.

2. Have each individual rate each class member according to the seven step scale by placing an appropriate number.

3. Instructor collects and sorts slips at break, then returns to appropriate student when they return.

4. (Optional) Instructor puts evaluation numbers given his name on board and compares his rating.

5. Summarize exercise by saying: You've seen how other class members rate you. It might be interesting to see how your husband, wife, girlfriend, boyfriend, friends, or children rate you.

II. DISCUSSION ON PROGRESSION OF ALCOHOLISM

A. Pass out booklet "Progression of Alcoholism".

1. Have students turn to Jellinek chart.

2. Instructor reviews each step by providing appropriate narrative from booklet.

B. Stress progression slide is like train ride - where does individual want to get off.

C. Review "Helping" agencies waiting to provide assistance, providing names, phone numbers and addresses.

D. Pass out NCA and John Hopkins forms. Stress they are self inventories. Individual must be sincere to get any value from them. Instructor tells students he will collect them and discuss during 7th session interview.

III. SHOW FILM CHALK TALK ON ALCOHOLISM (OPTIONAL)

Instructional Aids and Materials

Student Handout Material

1. I Can't Be An Alcoholic Because .. - English and Spanish
2. Progression of Alcoholism - English
3. Almost All You Ever Wanted To Know About Alcohol - English
4. Johns Hopkins Alcohol Inventory - English & Spanish
5. Alcohol Information Survey - English and Spanish

Non-Print Audio Cassettes and Visuals

1. Audio Cassette
   a. Levels or Categories of Drinkers - Spanish
   b. I Can't Be An Alcoholic Because... - English & Spanish
   c. Almost All You Ever Wanted To Know About Alcohol - English
   d. Johns Hopkins Alcohol Inventory - English and Spanish
   e. Alcohol Information Survey - English and Spanish
2. Visuals

   Chalk Talk on Alcoholism - Source: National Archives Trust Fund
   Washington, D.C. 20408

Supplies

1. 16 mm projector
2. 15 slips of paper for each student

SESSION VI

OBJECTIVES:

1. To allow each student to examine and assess the thinking of others who have made self evaluations.

2. To have each student examine and assess his alcohol involvement and future behavior.

I. CASE STUDIES

A. Break class into a smaller group

B. Give each group a case study to discuss.

1. Is the individual making a realistic assessment? Why?

2. Does he have a drinking problem? Why or why not?

C. Bring class together again after small group discussion slows down.

1. Instructor reads case studies (one at a time) to main group. (Use of overhead projector is optional)

2. Individual group originally discussing case study now shares conclusions to class.

3. Additional response by other class members.

4. Proceed through all four studies in same manner.

D. Self-Assessment Form (or blank paper)

1. Have student fill out self assessment form with their name attached.

2. Or...student is given blank paper and asked to respond to the following or similar questions or statements.

a. Describe your present lifestyle and drinking habits.

b. Describe your spare time involvement.

c. What are your future goals and how do you plan to achieve them? (job satisfaction, education, drinking, etc.)

II. CLASS EVALUATION FORM

Have student fill out with no name attached and return

III. CIRCULATE SIGN-UP SHEET FOR STUDENT - Instructor Evaluative Session VII

Allow 15 minute intervals

Instructional Aids and Supplies

Student Handout Materials

1. Self Assessment Form - English
2. Class Evaluation Form - English

Supplies

1. Portable Cassette Tape Recorder
2. Sign-up form for Session VII.

SESSION VII

OBJECTIVE: To provide students with instructor evaluation.
(Spanish student to attend with interpreter)

Put two chairs/tables close together so instructor and student can converse. Put table, chair and reading material outside door for student waiting to occupy time.

I. INSTRUCTOR ANALYSIS

A. National Council on Alcoholism, Johns Hopkins or other alcohol inventories utilized.

B. B.A.C. level

C. Driver record

D. Self analysis - role alcohol has on his lifestyle, i.e., employment, family life, spare time, and social life.

II. RECOMMENDATIONS

III. STUDENT RESPONSE

Instructional Aids and Materials

Supplies

1. VTAE promotional materials
2. Student's scores on NCA, Johns Hopkins, Alcohol Inventory Survey, and BAC level.
3. Reading material for student waiting for interview.

PART II

STUDENT HANDOUT MATERIALS

In

ENGLISH AND SPANISH FOR

EACH SESSION

INTAKE SESSION

STUDENT HANDOUT MATERIALS

GATEWAY TECHNICAL INSTITUTE
1001 S. Main Street 53403 Racine, Wisconsin

GROUP DYNAMICS
FOR YOUR INFORMATION

Number of Class Meetings:

. 6-group meetings

. 1-teacher/student meeting to talk about the classes and your drinking.

. May meet with driver license officer based on your driving record. The number of Demerit Points you have and the 6-point O.W.I. conviction, license taken away, alcohol caused traffic or non-traffic events or anything else about your use of alcohol.

. May be sent to another office.

If You Miss a Class:

1. Call the school within 24 hours
   Burlington Office (days) 1-763-7661 (8:30 A.M.-5:00 p.m.)

2. Tell them your reason for missing the Group Dynamics Class.

3. If the phone is busy or no one is there, call again until you get someone!

The Judge is told within a day when you miss and if he is not happy with your reason, he will have your license taken away.

If you have gone to any of the classes and have to start over because you missed without a reason, you will have to pay $50.00 when you start the next classes. IF YOU COME TO CLASS DRUNK, YOU WILL FAIL THE CLASSES RIGHT AWAY AND LOSE YOUR LICENSE.

- If It Snows:

  Listen to The Radio for School Closing-
  ELKHORN - WMIR (1560)
  KENOSHA - WCIP
  RACINE - WRJN

- Or Call Your School-
  ELKHORN - 723-5390
  KENOSHA - 658-4371
  RACINE - 637-9881

GATEWAY TECHNICAL INSTITUTE
FOR YOUR INFORMATION
GROUP DYNAMICS

Para Su Informacion

Cuantas Sesiones?

* 6 sesiones en grupo
* 1 junta del maestro y estudiante para discutir su problema con la tomada
* Puede tener una junta con una persona del departamento de licencias para manejar, depende de su record de manejar, los puntos que tiene o varias otras cosas.
* Es posible que le manden con otras personas para alguna otra ayuda.

Si no asiste a una clase:

1. Llame la oficina en Burlington dentro de 24 horas.
   Telefono 1-763-7661 - 8:30 a.m. - 5 p.m.
2. Deles a saber la razon porque no puede asistir la clase.
3. Si la linea esta ocupada o nadie contesta - llame otra vez hasta que alguier conteste.

Si le llamara al juez dentro de un dia que usted no vaya a la clase y si no esta contento con su excusa, le quitara su licencia

Si usted ha asistido alguna de las clases y tiene que comensar otra vez por causa que no asistio una clase sin razon justa. Tendra que pagar otros $50 cuando empienze las clases siguientes.

Si viene a la clase borracho, fallara la clase y perdera su licencia.

Si esta nevando = Eschuche el radio para saber si la escuela esta cerrada.

Elkhorn - WMIR Kenosha - WLIP Racine - WRJN

O llame su escuela:

Elkhorn - 723-5390 Kenosha 552-9600 Racine - 637-9881

DATA FORM

1. Name _____

2. Address _____

3. Sex: Male _____ Female _____

4. Race or ethnic group: 1. Indian _____ 2. Mexican-American _____
   3. White _____ 4. Negro _____ 5. Other _____

5. Height: Feet _____ Inches _____

6. Weight: Pounds _____ (lbs.)

7. Age _____

8. Marriage status now: 1. Never married _____ 2. Married _____
   3. Divorced _____ 4. Separated _____ 5. Widow(er) _____

9. How many times have you been married? _____

10. What grade in school did you go to? _____

11. What is your religion? 1. Catholic _____ 2. Jewish _____
    3. Protestant _____ 4. Other _____ 5. None ___

12. What kind of work do you do? (Please tell about your job) _____

_____

_____

13. How much do you make a week?

1. Not working _____	2. $0-$25 _____	3. $26-$50 _____
4. $51-$75 _____	5. $76-$100 _____	6. $101-$125 _____
7. $126-$150 _____	8. $151-$175 _____	9. $176-over _____

14. What's the most you have ever made a week?

1. Never worked _____	2. $0-$25 _____	3. $26-$50 _____
4. $51-$75 _____	5. $76-$100 _____	6. $101-$125 _____
7. $126-$150 _____	8. $151-$175 _____	9. $176-over _____

15. How big is your family (add yourself in) _____

16. How many children do you have? _____

17. Date of arrest _____
Day Month Year

18. Time of day you were arrested: _____ Day of week: _____

19. Blood alcohol level: _____

20. Did you not take the breathlyser test? Yes_____ No_____

If yes, why:_____

_____

21. Was there an accident? Yes_____ No_____

22. Did you own the car you were driving when arrested? Yes_____ No_____

23. Have you ever been arrested before? Yes_____ No_____

24. How many times have you been arrested for any reason? _____

25. Date (the year) of the arrests:

_____

_____

26. What were the charges? _____

_____

27. Number of arrests with alcohol: _____

28. Number of arrests without alcohol: _____

29. Age of first arrest: _____

30. At what age did you start drinking? _____

31. Did you ever think you may have a drinking problem? Yes_____ No_____

32. If so, did you ever look for help? Yes_____ No_____

33. Where did you go for help? 1. Doctor_____ 2. Church_____ 3. AA___

4. Therapist_____ 5. Relative_____ 6. Agency_____

7. Other_____

34. When do you drink? 1. Every day _____ 2. Weekends _____

3. Parties _____ 4. Sometimes _____

5. Special events _____

35. Do others in your family drink? Yes _____ No_____

36. Do others in your family dislike your drinking? Yes _____ No _____

37. Have you ever had a blackout while or after drinking? Yes _____ No _____

38. Have you ever lost a job because of drinking? Yes _____ No _____

39. Do you think you will change your drinking or driving habits becauseof your arrest? Yes _____ No _____

Tell why or why not:_____

_____

_____

_____

_____

_____

(Data Form)

1. Numbre_____

2. Direccion_____

3. Sexo: Hombre_____ Mujer_____

4. Raza o grupo etnico

   a) Indio_____

   b) Mexico-Americano_____

   c) Blanco_____

   d) Negro_____

   e) Otro_____

5. Altura: Pies_____ Pulgadas_____

6. Peso:_____ Libras_____

7. Edad:_____Años

8. Estado civil presente

   a) Nunca Casado_____

   b) Casado_____

   c) Divorciado_____

   d) Separado_____

   e) Viudo_____

9. Cuantas veces ha sido casado?_____

10. Hasta cual grado fue usted en la escuela?_____

11. Que es su religion a) Catolico ____ b) Judio_____ c) Protestante_____

    d) Otro_____ e) Ninguna_____

12. Que clase de trabajo hace usted?

    _____

    _____

    _____

13. Cuanto gana per semana?

1. No Esta Trabajando_____ 2. 0-$25_____ 3. $26-$50_____

4. $51-$75_____ 5. $76-$100_____ 6. $101-$125_____

7. $126-$150____ 8. $150-$175_____ 9. $176-Mas_____

14. Cual es lo mas que usted a ganado en una semana?

1. Nunca a trabajado 2. 0-$25_____ 3. $26-$50_____

4. $51-$75_____ 5. $76-$100_____ 6. $101-$125_____

7. $126-$150_____ 8. $151-$175_____ 9. $176-mas_____

15. Que tan grande es su familia (contando ud.)

16. Cuantos niños tiene_____

17. Fecha que lo arrestaron_____ _____ _____
Mes Dia Año

18. La hora del dia en que lo arrestaron_____

Que dia de la semana_____

19. Nivel de alcohol en la sangre_____

20. Tomo el examen del aliento - (Breathlyser) Si_____ No_____

Si no, por que no: _____

_____

21. Hubo un accidente? Si_____ No_____

22. Era su propio carro el que andaba manejando cuando lo arrestaron?

Si_____ No_____

23. Lo han arrestado antes? Si_____ No_____

24. Cuantas veces lo han arrestado?

por cual razon?_____

25. Cual es la fecha de los arrestos?

26. Cuales fueron los cargos?

27. Numero de veces que lo han arrestado con el alcohol?

28. Numero de veces que lo han arrestado sin el alcohol.

29. Que era su edad cuando lo arrestoron por primera vez.

30. A que edad empezo a tomar?

31. No a pensado que ud. puede tener un problema con el alcohol?

Si_____ No_____

32. A buscado ayuda para su problema? Si_____ No_____

33. Donde fue a buscar ayuda?

1. Doctor
2. Iglesia
3. AA
4.
5. Pariente
6. Agencia social
7. Otro_____

34. Cuando es cuando ud. toma?

1. Todos los dias_____
2. El fin de semana _____
3. Fiestas_____
4. Algunas veces nomas_____
5. Eventos especiales_____

35. Hay otros miembros de su familia que toman?

36. Les disgusta a los miembros de su familia que ud. toma? Si____ No____

37. Se a desmallado durante o despues de tomar? Si_____ No_____

38. Ha perdido su trabajo per su tomada? Si_____ No_____

39. Uste cree que puede cambiar su costumbre de tomar o de manejar

Si_____ No_____

Porque?_____

_____

_____

SESSION I

INSTRUCTOR NARRATIVE OF

SPANISH TAPES

FEELINGS, GOAL, ROLE OF ALCOHOL IN OUR SOCIETY
(Spanish Tape Narrative)

I. Personal Feelings

How did you feel about coming to our Group Dynamics class? Nervous? Scared? Embarrassed? You really shouldn't be. Many people have driven at some time in their lives when they had been drinking. They were fortunate they did not have an accident or find themselves arrested for operating a vehicle while under the influence of a drug. Many people are unaware of the events that could take place because their mind and body have been slowed down by alcohol. In over half the accidents where the driver was killed in Wisconsin, alcohol was found in the body. Numerous others have been hurt or killed by a drinking driver. Hopefully you were arrested before such a thing happened. Anyone can make a mistake once--the important idea is that it not happen again...that we learn by our mistakes.

II. Program Goals

What do you expect to gain other than keeping your drivers license by coming to our class? (pause on tape)

We have several goals that we hope to accomplish as the result of your coming to our class. We are going to talk about alcohol and what effect it has on the body as well as your ability to drive a car safely. When you finish our class you should know more about alcohol and driving. Possibly you might share this information with other friends in helping them stay away from possible death, injury or an unfortunate arrest. We also would like to have you take the information learned and apply it to yourself. We want you to look closely at your drinking habits and to take whatever action is necessary to not again drive when intoxicated. This action might be not to drive whenever drinking or if you have begun to realize your drinking has become troublesome or excessive,

to seek help from those people whose job it is to help others.

III. Role of Alcohol In Our Society

A. Why people drink?

Lets look into the matter of why people drink alcoholic beverages. Not everyone will have the same reasons so lets look at some of them.

Our desire to please others often provides us with strong ideas to go along with our drinking friends. Most of our social gatherings today include serving alcoholic drinks. Have you ever took a drink from a friend when you really didn't want one?

Other people drink because it gives them a sense of feeling important. Young people feel it is "grown up" to drink.

Some people drink because they have developed a taste for a certain drink. Others may drink because they have done it so often that it has become a habit. Continued drinking causes one to develop a higher level for more and even stronger drinks.

Some people rely on alcohol to become what they normally are not. An example might be the young individual who is shy but after a few drinks builds up confidence to talk to a girl or ask her for a date.

Other people after a hard days work in an attempt to release some of the tensions produced utilize alcohol as the key to release this tension. Alcohol depresses or tranquilizes the brain thus providing us with a sense of relaxation.

Most drinking is done with others and that results because someone is seeking companionship. Alcohol aids in bringing about freedom from self restraint in emotional expression. All of us may have noticed care has to be taken by drinking companions in discussing personal stiuations. Many good friendships are broken as the result of arguments between friends who have been drinking than between

between friends who are sober.

When the need for excitement, relaxation of sociability is met by using alcohol habits develop and the drinker uses this as a means for escape. Both the poor and the rich have their own reasons for escape from the problems of life and both may do it through the abuse of alcohol.

Alcohol becomes a means of escape from:

Getting old
Living in poor depressing neighborhoods
Family, relatives, neighbors
Business associates
Work pressures
Boredom
Illness, sickness, physical discomforts
Mental difficulties
Frustrations

B. Why people drink and drive?

Some of those reasons might be:

They are unaware of the serious problems drinking drivers cause. Over half of all accidents where the driver was killed alcohol was found in his body.

They drank alcohol and drove before and have not been arrested or had an accident.

They have no other way home or they feel chances of being stopped or having an accident are very small.

They feel they are only slightly impaired.

They are unaware of the possible penalties -- loss of license and large financial fines.

The person who abuses alcohol by continually drinking more than he should puts a heavy burden on other people. Alcohol treatment centers have to be built and operated costing taxpayers large sums of money. Traffic accidents put a burden on our policemen who have to investigate and fill out reports. Our insurance rates rise

for everyone as a result of more accidents. Hospitals and rescue squad people are overburdened with accident victims and calls from accidents caused by drinking drivers. We experience lost time from work or shoddy workmanship due to accidents or hangovers from drinking. We overburden our courtrooms and judges with court appearances from traffic accidents, family disturbances or divorces caused by someone drinking excessively.

As you may have come to understand these are problems many individuals have given little thought about.

DISCUSSION OF OWI ARREST COST
(Spanish Tape Narrative)

We'd like to make sure you remember the idea or purpose of the Group Dynamics class. If someone asks you about our class what would you tell them we are trying to do? I hope you will tell them we are learning more about what alcohol does to you and your driving after drinking it. We want you to look at yourself and your drinking habits to see if drinking has been causing problems to you or your family and if so to find someone who may help you bring your drinking under control or to stop drinking if necessary.

Many people tell you about the good times they have had when drinking but have given little or no thought to the bad things that have happened. We'd like to have you look at some of the bad items you could have experienced because of driving while intoxicated. It could have cost you money in the form of court and fine costs, or money for the class you are now taking, money for a lawyer to help you, money for repair of damage to your car or cars of others you may have hit. You may have been injured and lost money because you couldn't work or you had hospital or doctor bills to pay. Your car insurance now costs you more.

How about items that you can't put a dollar value on such as loss of your driving privileges, visits to your lawyer or to the courtroom in front of the judge. How about your name appearing in the paper, the mental anguish or embarrassment you suffered, or the problems your drinking and arrest caused at home with your family. Your car may have been badly damaged and you were left without it for some time. How about the time you are now having to give up in coming to our class. It is time you would rather be doing something else. How would you feel if you had injured or killed someone? If a drinking driver hit and killed your young son or

daughter, how would you feel about that person?

What would another arrest mean to you after looking at all the items that could have happened? I hope you have decided the penalties of drinking and driving are not worth any possible small gain.

ALCOHOL INFORMATION AND EFFECT ON DRIVER ABILITY
(Spanish Tape Narrative)

The purpose of this tape is to give you some information about alcohol and what it does to the human body and your driving ability.

Alcohol is a central nervous system depressant but gives the illusion of being a stimulant because of how we feel when we drink it. It really is a depressant as it gradually puts the body to sleep as we drink more and more. When we are nervous or up-tight we drink to relax and deaden our nerves. In the wild west long ago doctors gave patients booze before they operated to remove bullets to deaden the pain. If we drink too much our brain is put to sleep and we can't remember what we did-- we call those situations memory losses. If we continue to drink at an excessive pace we will eventually pass out and our body functions will stop working -- the respiratory system and heart beat.

Alcohol is poisonous if drank in excessive amounts. We can get cirrhosis of the liver or damage our brain cells. Alcohol is a drug with nine out of every ten drug problems in the United States being alcohol related. Yet few people see alcohol as a drug as they would marijuana or heroin. Physical dependence sets in with its continued use and withdrawal symptoms are deadlier than heroin.

Alcohol doesn't require digestion, it can be absorbed directly into the bloodstream. Eighty percent of the alcohol is absorbed through the walls of the small intestine where it does not have to be digested. This is why you feel the effects soon after you start drinking. Food in the stomach soaks up the alcohol and slows down absorbtion and the speed at which you feel the effect. Alcohol has a direct passage to the bloodstream if the stomach is empty. Absorbtion into your body does vary then. Some of those items controlling absorbtion rates are: food in the stomach, time spent drinking,

amount and type of drink and size of the individual.

The body eliminates ninty percent of the alcohol through the liver, nine percent through urination and breathing and one percent through sweating. As a result, physical exercise, coffee, fresh air, or cold showers do not sober you up faster. They only make the body feel more comfortable. Time is the only solution. You will eliminate one drink per hour in your body.

Alcohol and its effect on the driver

When a person drinks he gradually loses control of his body muscles, sense of balance and tongue control.

Alcohol reduces our ability to see properly and this is important as most of our driving decisions are based on what we see. Alcohol reduces our ability to judge distances between cars which leads to accidents. It also reduces our ability to see small differences in light such as a change from the tail light to the brake light letting us know someone is stopping. Alcohol also reduces our ability to see at night.

When we drink we get feeling high or good and we slowly lose the ability to see ourselves as others see us. We really think we are doing everything as good as when we haven't been drinking. Our judgement then gets bad as parts of our brain are slowly put to sleep. We lose our fears when drinking and no longer worry about being arrested for driving too fast or driving when drinking. Our muscle action slows down and the time it takes us to see a danger and then do something about it now takes much longer after drinking.

LEVELS OR CATEGORIES OF DRINKERS
(Spanish Tape Narrative)

Today I'd like to have you look at different levels of drinking. I believe we can separate people who drink into three types -- social drinkers, problem drinkers and alcoholic drinkers. Let's look at social drinking first:

A social drinker is considered to be a person who knows when he should stop drinking, someone who never has to say he's sorry for what he did while drinking, having a drink or two when he is having fun. His drinking is done with friends and in moderation. Rarely does he drink excessively. Social drinking is not gulping drinks on an empty stomach, drinking and worrying alone, showing off how much you can hold or using drinking as a problem solver.

A problem drinker is a person who may only drink on weekends but often gets drunk. His drinking is beginning to cause him difficulty in any area of his life -- job, family, health or is costing more than he can afford. He may be missing work due to hangovers or doing poor work. He might be arguing with his supervisor or co-workers because of bad moods due to hangovers. He may be arguing with his wife about his drinking, coming home late for meals or missing them completely. He may not be helping his wife raise the children as he spends little time at home. He may not be feeling well from missing meals or lowered resistance to sickness as the result of excessive drinking.

An alcoholic is a person who cannot control his drinking. He may intend to stop at a bar for one or two drinks but cannot stop drinking once he starts until he gets drunk or the bar closes. He has lost all control over how much he will drink on any occasion. It will never be possible for him to drink in moderation again. The only solution for him is not to drink again.

There are a number of agencies or organizations that are waiting to provide help to someone who is having problems with his drinking, or who has tried to quit but can't. Your instructor will be happy to help you meet with people who can be of help. If he feels it necessary he will make contact with someone you can talk to.

SESSION II

STUDENT HANDOUT MATERIALS

Alcohol....

The Great

Remover

The dry cleaner says: Alcohol will remove stains from clothing.

This is correct.

Alcohol will also remove—

The summer clothes
The winter clothes
The spring clothes
The fall clothes

not only from the back of the man who drinks it, but from his wife and children as well.

Alcohol will also remove—

from the family

the home . . .

food . . .

health . . .

contentment . . .

understanding . . .

compassion . . .

love . . .

consideration . . .

Alcohol has no equal as a remover of the best things in life.

ALCOHOL.....

El Gran Eliminador

El tintor dice: El alcohol elimina manchas de la ropa

Esto es correcto

Pero Tambien

El alcohol tambien elimina -

La ropa del verano

La ropa del invierno

La ropa de la primavera

La ropa del otoño

No nomas de la espalda del hombre es que lo toma, pero tambien, de su esposa e hijos igual.

El alcohol tambien elimina

de la familia...

la casa...

la comida...

la salud...

la felicidad...

el entendimiento...

la bondad...

el amor...

la consideracion...

No hay nada tan bueno como el alcohol para eliminar las cosas mas buenas de la vida.

WHAT WAS YOUR ESTIMATED TOTAL COST OF YOUR ARREST?

Lawyer _____

Court Fine _____

Course fee _____

Salary
Wage Loss _____

Towing _____

Accident
Repairs _____

Insurance
Raise _____

Medical _____

Others
List Below: _____

_____

_____

_____

_____

TOTAL COST _____

POINT SYSTEM

Violation Date / Points		12 pts. / 12 mo.	18 pts. / 24 mo.	24 pts. / 36 mo.
January 2	6	6	6	6
March 7	3	9	9	9
July 6	2	11	11	11
1 year later:				
January 2		5	11	11
March 7		2	11	11
July 6 (now no violation for 1 year)		0	7	7
2 years later:				
July 6		0	0	3
3 years later:				
July 6		0	0	0

NOTE: 1 year from date of any violations gain back those points on 12 month column regardless of additional violations.

NOTE: 1 year after last violation reduces 24 month and 36 month plan by 1/3.

NOTE: Two years without a violation clears 24 month column, 2 year after last violation reduces 36 month plan by 1/2.

NOTE: Three years without a violation clears 36 month column.

SESSION III

STUDENT HANDOUT MATERIALS

CHART FOR RESPONSIBLE PEOPLE WHO MAY SOMETIMES DRIVE AFTER DRINKING!

APPROXIMATE BLOOD ALCOHOL PERCENTAGE

DRINKS	BODY WEIGHT IN POUNDS								
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	Influenced
2	.08	.06	.05	.05	.04	.04	.03	.03	Rarely
3	.11	.09	.08	.07	.06	.06	.05	.05	
4	.15	.12	11	.09	.08	.08	.07	.06	
5	.19	.16	.13	.12	11	.09	.09	08	Possibly
6	.23	.19	.16	.14	.13	.11	.10	.09	
7	.26	.22	.19	16	.15	.13	.12	.11	
8	.30	.25	.21	.19	.17	15	.14	.13	Definitely
9	.34	.28	.24	.21	.19	.17	.15	:14	
10	.38	.31	.27	23	.21	.19	.17	.16	

Subtract .01% for each 40 minutes of drinking. One drink is 1 oz. of 100 proof liquor or 12 oz. of beer. EXAMPLE: 160 lb. man takes 7 drinks in 4 hours (240 min.) .16 - .06 = .10% blood alcohol.

SUREST POLICY IS . . . . . .

DON'T DRIVE AFTER DRINKING!

GRAFICA PORA PERSONAS RESPONSABLES QUE
ALGUNAS VECES MANEJAN DESPUES DE JOMAR

(Chart for Responsible People Who May
Sometimes Drive After Drinking!)

PORCENTAJE APROXIMADO DE ALCOHOL EN LA SANGRE

Drinks	Body Weight in Pounds								
	100	120	140	160	180	200	220	240	
1	.04	.03	.03	.02	.02	.02	.02	.02	PACE AFECTO
2	.08	.06	.05	.05	.04	.04	.03	.03	
3.	.11	.09	.08	.07	.06	.06	.05	.05	
4.	.15	.12	.11	.09	.08	.08	.07	.06	PUEDE SER AFECTADO
5.	.19	.16	.13	.12	.11	.09	.09	.08	
6.	.23	.19	.16	.14	.13	.11	.10	.09	
7.	.26	.22	.19	.16	.15	.13	.12	.11	
8.	.30	.25	.21	.19	.17	.15	.14	.13	SON AFFECTADOS
9.	.34	.28	.24	.21	.19	.17	.15	.14	
10.	.38	.31	.27	.23	.21	.19	.17	.16	

Quite .01% por cada 40 minutos de tomar. Una bebida es 1 onzo de licor de prueba 100% or 12 oz. de cerueza.

Ejemplo: Si un hombre de 160 libras toma 7 bebidas en 4 hours.
.16 - .06 =.10% de alcohol er ea sangre

No maneja despues de tomar!

WHAT'S THE MEANING OF IMPLIED CONSENT?

Except that it could save your life, Wisconsin's "implied consent" law won't directly mean anything to you--unless you have been drinking and are driving.

But what about a person--your friend, husband or self--who does sometimes drink too much and then after he does, will drive?

Anyone who takes this chance has in his body the medical proof that could convict him of being a public danger.

This proof is a percent number. It can be gotten by a simple test. It tells how high the driver's blood alcohol level is (.10% or above means you are drunk). With implied consent, blood alcohol level cannot be kept a secret. At least not as easy as before.

Here's how the law works:
Say you have been arrested for driving while drunk. . . The officer will ask you to take a breath test. If you will not take the test you may lose your driving license for 60 days, depending on your reason for not taking the test. If you don't take it and are still convicted for drunk driving, you may lose your license for twice as long, the first time, as you would have if you had taken the test. A whole year--with two days in jail!

If you don't trust the test, you can ask to have a second one given, if you wish, by a skilled person of your own choice, but you pay. Fair is fair.

(After just one beer, be glad for the test. It can show you aren't driving while drunk as well as showing that you are).

What's the meaning of implied consent?

If you will not take the test, this will be told to the court and you'll hear from the judge. He'll give you 60 days to ask for a hearing on your not taking the test.

At the hearing it will be your word against the officer's, and the judge will decide if you lose your license for 60 days. If you don't, you can still go to court for drunk driving. If you're convicted of that, you get the most the judge can give--for not taking the test.

If the judge finds you weren't driving while drunk you get nothing--not even the losing your license for 60 days (if there's time to stop it).

What the law really means is: Don't take a chance with drinking and driving.

Que Quiere Decir "Consentimiento Insinuado?"

(Implied Consent)

Con excepcion que un dia le puede salvar la vida, la ley de Wisconsin de "Consentimento Insinuado" probablemente nunca lo afectara directamente - a menos que usted tome y handa manejando.

Pero que de aquella persona - su amigo, esposo o usted mismo--que a veces toma mucho y depues de tomar maneja?

Cual quier persona que toma este riesgo tiene en su cuerpo la prueba medica que lo puede declarar un peligro publico.

Esta prueba es un numero porcentaje. Esta prueba se puede obtener con un examen simple. El examen le dice que tan alto esta el nivel de alcohol en la sangre (un porcentaje de 00.1% o mas quire decir que la persona esta borracha.) Con la ley del "Consentimien to Insinuado" no se puede negar el nivel de alcohol en la sangre. o lo menos, no tan facil como antes.

La ley trabaja haci:

Si usted es arrestado por andar manejando borracho.

El policia le pedira que tome un examen. En ingles le llaman breath test y es una prueba del aliento.

Si usted no toma el examen puede perder su licencia de manejar por 60 dias dependiendo es su razon por no tomar el examen; y si no toma el examen y como quiera lo declaran culpable de andar manejando borracho used puede perder su licencia por doble el tiempo que si hubiera tomado el examen.

Si used no tiene confianza en el examen, used puede pedir que le den otro examen por una persona calificada y de su preferencia. Pero usted tendra que pagar todos los gastos.

(Depues de no mas una cerueza este examen le puede decir si anda manejando barracho o no.)

Si no toma el examen el policia hara un reporte a la corte y el juez le dara 60 dias para que usted pida una audencia para que usted explique por que no tomo el examen.

Depues de los 60 dias o si el juez no cree' que' su razon era justa para no permitir que se le diera el examen, el juez le suspendera la licencia por 60 dias. Depues todavia tiene que ir a corte por el cargo de andar manejando borracho. La policia tiene que probar que andava borracho sin ayuda del la prueba pero es posible que lo declaren culpable con otras pruebas.

Si el juez encuentra que usted no andava tomado y manejando entonces se le regresara su licencia.

Lo que la ley deveras quiere decir es esto:

No tome el riesgo de andar
tomando y manejando

SESSION IV

STUDENT HANDOUT MATERIALS

12 HOURS BEFORE YOUR ARREST

1. What would you call the 12 hours before your OWI arrest?

_____a. A normal day
_____b. Not a normal day

2. When did you start drinking?

_____a. Morning: 8:00 a.m. to noon
_____b. Afternoon: 12:00 noon to 4:00 p.m.
_____c. Evening: 4:00 p.m. to 8:00 p.m.
_____d. Late evening: 8:00 p.m. to 12:00 midnight
_____e. Early morning: 12:00 midnight to 8:00 a.m.

3. Where did you drink?

_____a. Bar
_____b. Home
_____c. Friend's home
_____d. Office or work
_____e. Car

4. Who did you drink with?

_____a. Husband or wife
_____b. Other relatives (brother, sister, father, etc.)
_____c. Friends
_____d. Strangers
_____e. Alone

5. What did you drink?

_____a. Beer
_____b. Wine
_____c. Whiskey, vodka or gin
_____d. Cocktails
_____e. Other

6. About how much did you drink in these 12 hours?

_____a. 0 - 2 drinks
_____b. 3 - 4 drinks
_____c. 5 - 6 drinks
_____d. 7 - 10 drinks
_____e. 11 drinks or more

7. Why did the police stop you?

_____a. Broke traffic law
_____b. Something wrong with car
_____c. Accident

8. When were you arrested?

_____a. Morning: 8:00 a.m. to 12:00 noon
_____b. Afternoon: 12:00 noon to 4:00 p.m.
_____c. Evening: 4:00 p.m. to 8:00 p.m.
_____d. Late evening: 8:00 p.m. to 12:00 midnight
_____e. Early morning: 12:00 midnight to 8:00 a.m.

9. What was your reason for drinking?

_____a. Party, celebration
_____b. After work
_____c. Something bad happened
_____d. Business, work
_____e. None

10. Why did you drink?

_____a. Lonely
_____b. Mad
_____c. To escape, to get away
_____d. Upset
_____e. No reason

11. How much are you to blame for the things that led to your arrest?

_____a. Not at all to blame
_____b. A little to blame
_____c. Somewhat to blame
_____d. Mostly to blame
_____e. All to blame

12. Do you feel it was fair to be arrested?

_____a. Not at all fair
_____b. A little fair
_____c. Somewhat fair
_____d. Mostly fair
_____e. Very fair

13. What do you think your chances are of being arrested again for OWI within the next year?

_____a. No chance
_____b. Very little chance
_____c. 50-50 chance
_____d. 75% chance
_____e. 100% chance

14. How hard will it be to change the things you did that led to your arrest?

_____a. Very easy
_____b. Somewhat easy
_____c. Somewhat hard
_____d. Hard
_____e. Very hard

15. How much good do you think this class will do you?

_____a. Not much good
_____b. A little good
_____c. Some good
_____d. A lot of good
_____e. Will be very good

16. Put anything else you want to say on the back.

12 HORAS ANTES DE SU ARRESTO

(12 HOURS BEFORE YOUR ARREST)

1. Como le llamaria a las 12 horas antes de su arresto por andar manejando tomado? ____a) Un dia normal _____b) Un dia que no era normal.

2. Cuanda empezo a tomar?

____a)	En la mañana	8:00 a.m. - (Medio Dia) 12:00
____b)	Por la tarde	12:00 (Medio Dia) - 4:00 p.m.
____c.	Por la noche	4:00 p.m. - 8:00 p.m.
____d)	Mas Noche	8:00 p.m. - 12:00 (Media Noche)
____e)	En la madrugada	12:00 (Media Noche) - 8:00 a.m.

3. Donde tomo?

____a) Cantina

____b) Hogar

____c) Casa de un amigo

____d) oficina o trabajo

____3) Carro

4. Con quien tomo?

____a) esposo o esposa

____b) parientes (hermanos, hermanas, padre, etc.)

____c) amigo

____d) extraños

5. Que fue lo que tomo?

____a) cerveza

____b) vino

____c) whisky, vodka, ginebra

____d) cocteles

____e) alguna otra cosa

6. Mas o menos que tanto tomo en las 12 horas antes del arresto?

____a) 0-2 - tragos o cervazas

____b) 3-4 - tragos o cervazas

____c) 5-6 tragos o cervazas

____d) 7-10 - tragos o cervazas

____e) 11 o mas tragos o cervezas

7. Por que lo paro la policia?

____a) infringio la ley (Manjando muy rapido, se paso de una luz, etc.)

____b) El carro le faltaba algo, una luz etc.

____c) Un accidente

8. A que hora fue arrestado?

____a) 8:00 a.m. - 12:00 (Medio Dia)

____b) 12:00 (Medio Dia) - 4:00 p.m.

____c) 4:00 p.m. - 8:00 p.m.

____d) 8:00 p.m. - 12:00 (Media Noche)

____e) 12:00 (Media Noche) - 8:00 a.m.

9. Que fue su razon por tomar?

____a) fiesta celebracion

____b) depues del trabajo

____c) alguna desgracia

____d) negocio o trabajo

____e) ninguna razon

10. Por que se puso a tomar?

____a) triste

____b) enojado

____c) un escape

____d) trastornado

____e) ninguna razon

11. Que tan culpable fue usted por las cosas por cual lo arrestraron?

____a) nada de culpa

____b) poquito culpable

____c) un tanto culpable

____d) mayormente culpable

____e) toda la culpa

12. Cree que fue justo que lo arrestoron?

____a) totalmente injusto

____b) un poco justo

____c) mas o menos justo

____d) majormente justo

____e) totalmente justo

13. Que cree son las posibilidades de que lo arresten otra vez por andar manejando borracho durante un año?

____a) ninguna posibilidad

____b) muy poca posibilidad

____c) 50% porciento posible

____d) 75% porciento posible

____e) 100% porciento posible

14. Que tan dificil seria cambiar las cosas que conducieron su arresto?

____a) muy facil

____b) poco facil

____c) poco dificil

____d) dificil

____e. muy dificil

15. Que tanto beneficio cree que le hara esta clase?

____a) casi nada de beneficio

____b) un poco beneficial

____c) benificial

____d) mucho beneficio

____e) muy beneficial

16. Escriba cualquier otra cosa que nos quiera decir en el reverso de esta pagina.

SESSION V

STUDENT HANDOUT MATERIALS

I CAN'T BE AN ALCOHOLIC BECAUSE. . .

It is a common saying among alcoholics that the alcoholic is always the last person to know that he has a problem with drinking.

His wife and his family, his boss, his friends and sometimes even the police know it long before he will admit that drinking is causing him trouble. And as long as he will not admit that drinking is giving him trouble, he will do nothing about his problem.

There are many wrong ideas about alcoholism that keep a person with a drinking-problem from seeing or admitting that he does have a problem.

Here are some of the more common ones:

I can't be an alcoholic because:

I'm not a skid-row bum.
I never drink before 5:00 o'clock.
I never drink anything but beer.
I only drink on weekends.
I am too young.
I can quit anytime.

*I can't be an alcoholic because I'm not a skid row bum.

This is the most common thought among alcoholics and people in general. The idea that the only person who could be an alcoholic is the "falling-down-drunk" on skid row is wrong.

But most people do not know that the so-called skid row bum represents only 3% of America's 6 to 6½ million (6,000,000-650,000,000) alcoholics, the other 97% are regular people. Most of them still have good jobs, take care of their families and are "getting along", but often have a hard time of it because of drinking.

Any person can be or become an alcoholic.

I have known priests, ministers, lawyers, doctors, teachers, salesmen, businessmen, carpenters, housewives and secretaries who were alcoholics. But not one of them was on skid row.

Alcoholism can happen to anyone. So don't let the fact that you still have a job, making good money and still living at nome, fool you into thinking that you don't need to do anything about your drinking if you often get drunk, or if you have trouble stopping when others do.

If you cannot keep from taking a drink or to control how much you drink, you have a drinking problem, and don't kid yourself!

If a person with this problem keeps drinking, he will sometime, more than likely, not be able to work, but it may be quite a few years before he gets to that stage.

We must never forget that alcoholism is slow and deadly. The only hope, the only way the alcoholic can save his life, is to learn to live without alcohol.

I can't be an alcoholic because....

*Because I never drink before 5:00 p.m.

Some people think that no one is an alcoholic unless he has to have a drink in the morning. This is not true.

It is not when one drinks, but if he can control the amount he drinks that tells if he has a drinking problem.

By the loss of control we do not mean that a person gets drunk every time he drinks, but that he very often drinks more than he means to, and he gets drunk more and more often. Anyone who "just has to have" a drink no matter when--at lunch, after work, before dinner, at bedtime--is in danger of depending on alcohol. And depending on alcohol is not far from alcoholism.

It is true that the need for a "morning drink" is one of the signs of alcoholism. But just because one does not need a drink in the morning does not mean that he is free from being an alcoholic.

Again, it is the loss of control that tells if a person is an alcoholic or if alcohol is always causing him trouble in some part of his life. In fact, if your wife keeps saying you drink too much, that is one of the best signs that it really is a problem and you should do something about it. Your trouble is never going to get better as long as you drink! It will only get worse.

*Because I never drink anything but beer.

Many people think because beer has less alcohol than gin, whiskey, vodka or wine that there is less danger of becoming an alcoholic. But it is ethyl alcohol that causes the alcoholic problems. and it is found in all alcoholic drinks. There is about as much ethyl alcohol in a can of beer as there is in a 4 oz. glass of wine or a 1 oz. shot of whiskey.

It is the ethyl alcohol that makes you drunk and is the habit-forming part in every alcoholic drink. This alcohol is burned up in the body by the liver at a fixed rate. If alcohol is drank in whatever form-whiskey, beer, gin, vodka, etc.--at a faster rate than the liver can get rid of it, you will get drunk. Some of my friends who say they are not alcoholics because they often drink from 10 to 15 or more cans of beer in an evening. This is the same as 10 to 15 or more shots of whiskey!

*<u>Because I drink only on weekends</u>.

Many people think that the only person who is an alcoholic is one who drinks a lot every day or is drunk all the time. But many alcoholics can go a long time without taking one drink.

Some alcoholics can stay dry for weeks, even months or years.

So, it is not when or how often one drinks that tells if he has a drinking problem. But, it is if he can control his drinking when he drinks.

A man may drink only on weekends, but if he often gets drunk on weekends, he does have a drinking problem. Or, if his drinking keeps causing problems in any part of his life--job, family health or is costing more money than he can afford--he needs help.

Here is a test of a drinker's control. For one month tell yourself you cannot have more than two drinks a day. You must not cheat, no matter what--two drinks for any reason, at anytime, but no more than two drinks a day. If you can do this for a month you still have control. If you cannot, you had better start at once to do something about your drinking.

Alcoholism is a slow disease, and as long as a person who has reached the stage where he needs to drink keeps using alcohol at all, his disease will keep getting worse. In other words, it is not when you drink nor how often you drink, but if you can control your drinking when you do drink that tells whether you have a drinking problem.

*Because I am too young.

Another wrong idea about drinking too much is that the only person who can become an alcoholic is the man in his 50's or 60's.

It is not your age nor how many years you have been drinking, but what drinking is doing to you and if you have control over it, that tells if alcohol is a problem.

Whenever a person depends on (needs) alcohol and has lost control of his drinking, he is a problem drinker or an alcoholic, and he had better do something about it.

Loss of control can happen anytime. A young man 18 years old found that every time he drank he got drunk even if he did not want or mean to. He was an alcoholic.

*Because I can quit anytime.

When did you last "go on the wagon" and why? It was more than likely because your drinking was giving you problems.

A drinker who is not an alcoholic does not need to go on the wagon, for he is always able to control his drinking. The alcoholic goes on the wagon to try to prove to himself and others that he can go without it. But he finds that he can't do it. For the person who has lost control in his drinking, he will never be able to drink safely again.

It doesn't really matter how many days you can go without drinking. Most alcoholics can go for one reason or another without alcohol for quite awhile. The thing is: How do you feel when you go without alcohol? Are you happy, calm, relaxed, at ease, pleasant? Or are you tense, nervous, ill at ease, get mad easily, grouchy, resentful, mad, upset, lonely? If you are the second, then you are what the members of AA (Alcoholics Anonymous) call a "dry drunk" and if you feel like this you will sooner or later go back to drinking, and it will cause you trouble again.

Last, ask yourself honestly if, even with times on the wagon, your drinking has become worse, or if it is now causing you more trouble than it was, say, 2 to 5 years ago. Do you get along less well with your family, your friends, boss, or fellow workers because of your drinking?

Has your drinking caused trouble with you and your wife, husband, parents, children, and friends? If so, think about the fact that the fault may not be all theirs. It may be that you are sick, without knowing it, an alcoholic.

I can't be an alcoholic because....

The late Dr. E.M. Jellinek, who studied and knew a lot about alcoholism, found that drinking changes the alcoholics thinking, it hurts his skill to reason and he cannot look at himself and say what is wrong. This tells why the alcoholic can really think, "I can quit anytime," when he really cannot.

*Ignorance can kill you.

Part of alcoholism is that the person cannot see that he is sick. He cannot look at himself and how he acts and see what is really there. He is like a man trying to shave with a foggy mirror. He really thinks "I can quit anytime," but he doesn't see that when it comes to drinking he is no longer in control.

If you have been getting into any kind of trouble because of drinking, get help before your problem gets worse. For you can be sure that if you keep drinking, it will get worse. Alcoholism is a slow disease that can cause death if you don't do something about it.

If you want to drink, that's up to you. If you want to stop, you <u>can</u> get help. If you want help, or have a friend or relative who needs help, see your local Alcoholism Information Center, your state Alcoholism Program.

YO NO PUEDO SER UN ALCOHOLICO, POR UE.....

Se dice entre alcohólicos, que el alcohólico es siempre la última persona en reconocer que él tiene un problema con la bebida.-

Su esposa, su familia, su jefe, sus amigos y algunas veces la Policía, lo saben antes de que él admita que el beber le causa dificultades. Y mientras el alcohólico no admita que el beber le causa daño, él no hará nada para solucionar su problema.-

Hay muchas ideas érroneas sobre el alcoholismo, que impiden a una persona con el problema del beber, admitir o darse cuenta de que tiene un problema.-

Aquí tiene algunos de los más corrientes :

" Yo no puedo ser un alcohólico porque..... Yo no soy un holgazán de barrio de mala vida.

Nunca bebo antes de las 5 p.m.

Nunca bebo otra cosa sino cerveza.

Solamente bebo en los fines de semana.

Aún soy muy joven.

Yo puedo dejar de beber cuando quiera.

Yo no puedo ser un alcohólico, porque no soy un holgazán de barrio de mala vida. "

Lo anterior es lo más común entre los alcohólicos y la gente en general. La idea de que la única persona que puede ser un alcohólico, es el borracho en el barrio de mala vida, es una gran equivocación.-

La mayor parte de las personas no saben que los holgazanes así llamdos, representan solo un 3% de seis o seis y medio millones de alcohólicos en América. El otro 97% son las personas regulares.-

La mayor parte de éllos, todavía tienen buenos puestos, cuidan de sus familias y están bien, pero muchas veces tienen apuros por causa de la

Cualquier persona puede ser o volverse un alcohólico.-

Conozco Curas, Sacerdotes, Abogados, Médicos, Maestros, Negociantes, Vendedores, Carpinteros, Amas de Casa y Secretarias que eran alcohólicos. Pero ninguna de éllas estaban en el barrio de mala vida.-

Alcoholismo puede ocurrirle a cualquier persona. Por consiguiente no permita - que por el hecho de que usted todavía tiene un puesto, ganando buen dinero y aún viviendo en casa, se engañe al pensar que usted no tiene necesidad de hacer algo con su beber, si con frecuencia se emborracha o si usted tiene problema en abstenerse de tomar o en controlar cuánto usted bebe. No se engañe así mismo, usted tiene problema con la bebida.-

Si una persona con este tipo de problema, continúa bebiendo, es probable que un día no podrá trabajar. Pero pasarán muchos años antes de que llegue a este estado de inhabilitación.-

No olvidemos nunca que el alcoholismo es lento y mortal. La única esperanza, la única manera en que el alcohólico puede salvar su vida, es aprendiendo a vivir sin el alcohol.-

" Yo no puedo ser un alcohólico porque.....
Nunca bebo antes de las cinco de la tarde.

Algunas personas piensan que nadie es alcohólico, a menos que se tenga que tomar una bebida en la mañana, pero ésto no es verdad.-

No es cuando se bebe, pero si él - puede controlar la cantidad de bebida, él no tiene problema alcohólico.-

La pérdida del control no quiere decir que una persona se emborracha cada vez que bebe, pero sí, si bebe más y más y se emborracha con mucha frecuencia. Cualquiera que "tenga que tener" un trago, no importa cuándo, a la hora del almuerzo, después del trabajo, antes de la comida, a la hora de acostarse, está en peligro de depender del alcohol y la dependencia del alcohol, no está muy lejos del alcoholismo.-

Es verdad que la necesidad de "un trago en la mañana", es señal de alcoholismo. Pero solo porque no -- requiera un trago en la mañana, no significa que él está libre de ser un alcohólico.-

Otra vez, es la pérdida de control lo que indica si una persona es alcohólica, o si el alcohol le causa siempre problemas en alguna parte de su vida. En efecto, si su esposa o esposo sigue diciendo que usted bebe demasiado, ésta es la mejor señal de que en realidad es un problema y usted tendrá que hacer algo de importancia. Su dificultad nunca va a mejorar mientras usted beba, al contrario va a empeorar.-

" Yo no puedo ser un alcohólico.....

Porque nunca bebo nada más que cerveza "

Mucha gente piensa que la cerveza contiene menos alcohol que la Ginebra, el Aguardiente, el Vodka, el Vino y que hay menos peligro de volverse alcochólico. Pero es el alcohol etílico lo que causa los problemas alcohólicos y se encuentra en todas las bebidas alcohólicas. Hay tanto alcohol etílico en una lata de cerveza, como en un vaso de cuatro onzas de vino o una onza de aguardiente.-

Es el alcohol etílico el que lo hace emborracharse y es también la parte envicíadora en cada bebida alcohólica. Este alcohol es consumido en el cuerpo por el hígado, de una manera fija. Si el alcohol se bebe en cualquier forma, aguardiente, cerveza, ginebra, vodka, etc. a mayor rapidez de la que el hígado puede deshacerse de él, usted se emborrachará. Algunos de mis amigos dicen que no son alcohólicos, porque con frecuencia beben de 10 hasta 15 o más latas de cerveza en una noche. Esto es lo mismo que beber 10 ó 15 copas de aguardiente.-

" Yo no puedo ser un alcohólico.....

Porque bebo solamente los fines de semana ".....

Mucha gente piensa que la única persona que es alcohólica es la que bebe mucho cada día y siempre está borracha. Pero muchos alcohólicos pueden pasar mucho tiempo sin tomar una bebida.
Algunos alcohólicos pueden "quedarse secos" por semanas, meses y años. De manera que no es cuándo o cuánto bebe una persona, que indica si él tiene un problema de bebida; pero ES si no puede controlar su forma de beber cuando bebe.-

Un hombre puede beber solamente el fin de semana. Pero si muchas veces se emborracha los fines de semana, él tiene un problema con la bebida. O si su manera de beber le está causando problemas en alguna parte de su vida, como su trabajo, su salud personal o la de su familia, o le -

cuesta más dinero del que puede pagar, él necesita ayuda inmediata.-

" Yo no puedo ser un alcohólico, porque .....

Aquí tiene la prueba de cómo un bebedor puede dominarse.
Por un mes hágase el firme propósito de que usted no puede tomarse más de dos (2) tragos o cervezas diarias. Pero no trate de engañarse de ninguna manera. Tómese las 2 cervezas o tragos por cualquier razón y cuando quiera, pero no más de 2 por día. Si usted puede hacer ésto por un mes, usted todavía tiene control sobre sí mismo. Si no puede, usted tiene que empezar lo más pronto posible a buscar ayuda para su problema de beber.-

El alcoholismo es una lenta enfermedad y mientras una persona que ha llegado al grado en que le falta la bebida, su enfermedad sigue empeorando si no la corta a tiempo. En otras palabras, no es cuándo ni cuántas veces bebe; pero es si puede regular su beber cuando bebe, lo que indica si usted tiene o nó un problema con la bebida.-

" Yo no puedo ser un alcohólico, porque.....
Soy demasiado joven....."

Otra idea falsa sobre el beber demasiado, es que la única persona que puede llegar a ser un alcohólico es el hombre que tiene cincuenta o sesenta años.-

No es su edad ni cuántos años hace que usted bebe. Es lo que la bebida produce en usted y si usted tiene o nó control sobre el trago, lo que indica si el "alcohol" es su problema.-

Cuando una persona depende del alcohol y ha perdido control sobre su beber, se ha convertido en un bebedor o alcohólico y lo mejor es hacer algo para solucionar su problema.-

La pérdida de control puede ocurrir a cualquier momento. Un joven de 18 años descubrió que cada vez que bebía, se emborrachaba, aún cuando no quería hacerlo. El era un alcohólico.-

Yo no puedo ser un alcohólico, porque.....
Puedo dejar de beber cuando quiera....."

Cuándo fué la última vez que estuvo sin tomar bebidas alcohólicas y por qué ?

Es posible que su beber le estaba causando molestias. El bebedor que no es alcohólico, no necesita estar sin tomar bebidas alcohólicas, porque él siempre puede dominar su forma de beber.-

El alcohólico tratará de estar sin tomar bebidas alcohólicas para probarse así mismo que puede vivir sin ella. Pero encuentra que no puede hacerlo. Para la persona que ha perdido el control en su modo de beber, nunca podrá beber controladamente otra vez.-

No importa cuántos días puede existir sin beber. Muchos alcohólicos pueden vivir por una razón u otra sin alcohol por mucho tiempo. La pregunta es : ¿ Cómo se sintió cuando vivió sin alcohol ? Estuvo contento, calmado, relajado, tranquilo, agradable; o estuvo tenso, nervioso, confundido, se enloqueció fácilmente, malhumorado, resentido, enojado, trastornado o sin amigos ? Si usted está en el segundo grupo, entonces usted es "Un borracho seco", como llaman en los Alcohólicos Anónimos "AA" y si usted siente de esta manera, tarde o temprano usted va a volver a beber y por consiguiente le causará problemas de nuevo.-

Finalmente pregúntese a sí mismo con honradez, si aún con las veces en que se abstuvo de tomar bebidas alcohólicas, se desmejoró o si ahora le molesta más que antes, como hace 2 ó 3 años. Se entiende usted menos con su familia, sus amigos, su jefe o compañeros de trabajo a causa de su beber ?

Ha tenido problemas por causa de su forma de beber con usted, su esposa, esposo, padres, sus hijos o sus amigos ? Si ésto es así, piense en el hecho de que la falta no es de éllos. Es posible que usted esté enfermo sin saberlo, o sea un alcohólico.-

" Yo no puedo ser un alcohólico porque.....
El difunto médico E.M. Jellinek, que estudió y supo mucho acerca del alcoholismo, descubrió cambios en el pensamiento del alcohólico, tales como pérdida de su habilidad para razonar. Por ejemplo, no puede reconocer ante sí mismo lo que es malo. Esto le dice por qué el alcohólico tal vez puede pensar.... " Yo puedo dejar de beber cuando quiera", cuando en realidad él no puede hacerlo.-

La ignorancia puede matarle. Una parte del alcoholismo es que la persona no puede ver que está enferma. No puede mirarse así mismo y reconocer cómo actúa y ver lo que en realidad está allí. Es como un hombre tratando de afeitarse con un espejo empañado.-

En realidad él piensa que.....

" Yo puedo dejar de beber cuando quiera ". Pero no nota que cuando es una cuestión de beber, él no tiene más control sobre sí mismo.-

Si usted se está metiendo en algún tipo de problema a causa de su beber, busque ayuda, antes de que el problema empeore. De una cosa usted puede estar seguro, y es que si sigue bebiendo usted empeorará cada vez más.-

El alcoholismo es una enfermedad lenta que puede matar si no se hace algo a tiempo.-

Si usted quiere dejar de beber, puede obtener ayuda si quiere, o si tiene un amigo o pariente que necesite ayuda, contacte su Centro de Información sobre el Alcoholismo en el programa alcohólico de su Estado.-

ALMOST ALL YOU EVER WANTED TO KNOW ABOUT ALCOHOLISM

DRINKING, ALCOHOLISM --

WHERE DO YOU DRAW THE LINE?

It seems the use of alcohol is quite great in America.

What per cent of American adults use alcohol?

About 2/3 of all American adults drink alcohol, as found out by George Washington University in three national studies. The results were told in the First Special Report to the United States Congress on Alcohol and Health by the secretary of Health, Education and Welfare in December 1971.

Whether a person drinks, how much, when and why is tied to society, customs and money. This is how alcohol use is divided:

32% Non-drinkers - people who drink less than once a year or not at all.

15% Once-in-awhile -- people who drink at least once a year, but less than once a month.

41% Light to medium - people who drink at least once a month, but who drink 1-4 drinks each time.

12% Heavy - people who drink nearly every day with 5 Or more drinks each time.

Does the amount a person drinks have anything to do with whether or not he is an alcoholic?

Not always. Alcoholism has more to do with what alcohol does to the person's life, with himself and with others, than how much he drinks. A person can drink a lot of alcohol at times and still not be an alcoholic.

What is alcoholism?

Perhaps the most widely used answer is the one by Keller and Efron:

Alcoholism is a serious illness, mental or physical or both, which shows up as a problem of actions. It is regular drinking of alcohol, to the point where the person is drinking more than is the accepted practice, and that it causes problems with his health, family, friends, or job.

Is alcoholism a disease?

The American Medical Society thinks of alcoholism as a disease and this has been helpful for some in the treatment of alcoholism. There is little question that a person with alcoholism is sick. Once he starts drinking he may no more control his need to drink than a person with T.B. can control his coughing.

If alcoholism is thought of as a disease, isn't it the only disease that a person causes himself?

Not really. Being very fat might be thought of in the same way. And, how many people get lung cancer who have often been told by their doctors to quit smoking?

If alcoholism is a disease, can a person be helped without wanting to be?

An alcoholic person can stop drinking, but will always be an alcoholic. Some diseases can be treated whether or not the person wants to be, but an alcoholic has to want help and really try if he is to be treated.

What is the cause of alcoholism?

To say that alcohol is the cause of alcoholism is too easy an answer. So, let us say, for some reason, certain people cannot have alcohol in their system without becoming alcoholics. Something makes these people different from everyone else.

How often is this "X-factor" found? With nondrinkers, we have no way of knowing, but with those who use alcohol, about one in thirteen will be alcoholics.

The problem in finding out why this happens is that most studies are done with people who are already alcoholics. So, it is hard to know which are the causes and which are the results of alcoholism.

But it is helpful to keep in mind that alcoholism affects all kinds of people from all levels of society. There is no information to show that people who are alcoholics are any different from everyone else.

And in the understanding of alcoholism, it is helpful to keep in mind that even if the person's use of alcohol isn't the real problem, it is the immediate problem.

So the drinking, which may have at first been a sign, is no longer just a sign. The sign itself becomes an illness that needs treatment. So to treat just the causes and not the drinking is like looking for the cause of a fire while the fire is burning.

If most alcolics are not found on skid row, where are they and just who are they?

Alcoholism can be found everywhere; it is not a problem of one class, sex, or age group. Some places one might begin to look are among:

Young - - - It is not uncommon to see alcoholism in children 9, 10, 11, and 12 years old, according to Dr. Morris Chafetz, former director of the National Institute on Alcohol abuse an Alcoholism. One study showed that there are as many as 450,000 cases of alcoholism among children and teenagers in the United States.

Women - - - Twenty years ago the National Council on Alcoholism said that there was one woman who was an alcoholic for every six men who were. Now, according to National Council on Alcoholism founder, Marty Mann, there are as many women as men who are alcoholics. The main reason for

not knowing that so many women are alcoholics has been that they are "hidden drinkers" and can keep their drinking a secret.

Working people - - - Studies have shown that more than half of the people who are alcoholics are working. Alcoholics miss 2½ to 3 times more than their fellow workers. Many may lose as much as a full month of working days a year. They have more accidents that may cost $8-billion a year - a cost which is passed on to the buyer as higher prices. From 4% to 8% of the people who work are alcoholics.

Drivers - - Highway findings show that 40% of those people arrested for drunk driving need treatment for alcoholism.

Minorities - - Although Blacks, Spanish Americans, and other minorities usually do not show up in alcohol treatment centers, the rate of alcoholism is as high as other Americans, if not higher.

Why don't more people know about alcoholism?

Many answers could be given. Until lately, alcoholic persons have always been looked down on. Still, they are thought of by many as weak and having no will power. And society has not been looking very hard to find the alcoholic person until lately. The "drug scare" of the past few years has caused people to look at the biggest drug that is misused--alcohol. Also, the person who has

usually gotten alcoholism treatment has been the 35-55 year old male with 10-20 years of a drinking problem. But now, since there are more alcohol treatment centers, others are finally getting help for a problem many of them thought of as hopeless. Alcoholism is in all classes of people--no matter what age, sex, race or how much money they have.

SIGNS OF ALCOHOLISM

How long does it take for a person to become an alcoholic?

Depending on the person, it may take from 7 to 25 years, usually about 15.

Do the signs come in the same order for every person who becomes an alcoholic?

No. Every sign does not show up in every person with alcoholism, and the signs do not show up in the same order. But there is a chart of signs that generally happen that has been helpful in the treatment of alcoholism. Here are the basic parts of the chart:

Early warning signs: A lot has been written about what alcohol does TO people. It should also be understood that alcohol does something FOR the person. If alcohol didn't make people feel good, then people would have quit drinking a long time ago.

For many drinkers, alcohol gives a feeling of well-being, it relaxes them and makes them feel less tense or tight. For others, they become less shy and can talk to people easier. So, in some ways, people like what alcohol does.

One of the first signs for many people who later become alcoholics is they need to drink more to get high. At first it may have taken only one or two beers, where now it takes three or four to get the same feeling.

A second sign is the first blackout. This is not passing out from drinking too much. It could be from only one or two drinks, or for less than what would make a person drunk. The next day the person

may remember only parts of the night before or only up to a certain time. This might be laughed off as just "tieing one on" or it may be seen as cause for concern. People who aren't alcoholics may have blackouts. A person may get drunk just once in his life and have a blackout. But, in people who are becoming alcoholics, the blackouts happen more and more often. For example, during a blackout a person may act normal. He may even drive his car safely home, but not remember doing it the next day.

Trouble Ahead - Last Chance

These are the dark clouds before the storm, the signs that mean trouble ahead. These signs should stand out clearly as a warning as to what lies ahead. In this phase, the person is not a full alcoholic, but he is getting closer and closer to always needing alcohol. Since many of the problems have not started, treatment and overcoming alcoholism is best at this point.

Sneaking Drinks

The main reason for drinking is no longer social or just to be friendly. The calm feeling or the high is now the reason for drinking. This is a dangerous change. One sign of this change is the sneaking of drinks because the person wants to feel the calming effect sooner and wants more than the others are going to drink. He may have some before he goes to the party, or at the party may offer to mix drinks in order to get a few extra drinks while he is in the kitchen and load his drink with more alcohol, or he may go to the bathroom where he makes use of a hidden bottle. Although he may say no, he often feels bad about what he does and this is another reason for sneaking extra drinks.

Always thinking about drinking

While at work he may be thinking about and waiting to get his drinks at noon or on the way home. When going to a party, he wants to know if there will be alcohol. Drinking means having a good time, all the time. If drinking is not going to be part of an affair he may say, "count me out."

Gulping drinks

Another sign that drinking is no longer a social thing, it's a way to get high. He gulps his drink because he knows that this is the fastest way to get drunk or high. He may order three or four "doubles" and gulp them one after another.

Guilt (feeling bad about drinking)

His drinking is no longer "normal" and he feels bad about it. His feeling bad now is different from why he may have felt bad before. It is because his reasons do not fit with the way he is drinking.

Trying not to talk about alcohol

This normally follows the feeling bad about drinking. He used to brag about getting drunk at weekend parties, but now he doesn't want to talk about it. If someone else brings drinking up, he may get mad for fear they will talk about his drinking as well as theirs. He doesn't want to talk about, listen to or read about drinking.

More blackouts

Now the blackouts come more often. He may have a blackout every fourth or fifth time drinking. At this point, the person can still quit drinking if he tries very hard, but he really has to try and may need to get help. But people who reach this point do not want to quit or change their drinking while they still can. Later they may want to

quit, but find they can no longer do it on their own. They have lost control.

THE SERIOUS PHASE - DEPENDING ON ALCOHOL

Loss of control

At first, this is loss of control over how much the person drinks. He cannot tell what will happen after the first drink. It may be just a drink or two and then he may just keep on drinking. Usually he will drink now without being able to stop. He may plan on stopping at the bar on the way home for a drink or two, and he is still there at closing. He goes to the party planning not to get drunk but does it anyway. He will probably never be able to control his drinking. As the alcoholism gets worse, he will also lose control over the time when he drinks and so he drinks when he doesn't plan to drink. He reaches the point where he can't keep from drinking or control how much he drinks. He has to drink. The alcohol in only one drink may make his body need more. Once his body says "more" he will need to keep drinking to feel good. If the amount the body needs is less than the amount needed to get drunk, he may not get drunk. But he has no control over alcohol.

Among alcoholics, some people lose control with their first drink, with some it may come after years of normal drinking. But whenever it comes, the loss of control is the sign that a person is an alcoholic. The warning signs are gone. It may get worse, but it isn't likely to get better without help.

Making excuses

He feels bad about his loss of control and his getting drunk. He may make up all sorts of reasons and stories so he won't feel so bad about drinking. He will always try to tell everyone why he drinks a little

too much and gets a little too drunk.

Social demands

His wife, his boss, his friends--all begin to give him advice: "cut down on your drinking," "Don't get so drunk," or "Try drinking only on weekends." These are all kinds of advice from those around him who do not know the real reason for his drinking. They tell him to try to use will power, but this only makes him think that someday he can cut down on his drinking if he only uses his will power.

Being the big spender

He buys things he doesn't need, he brings costly gifts home to his wife, runs up bills, picks up the check at the bar or when out to eat. This is just another way to keep from seeing the truth about himself.

Being mean and hateful

Because he thinks others are the reason for his problems, he strikes out against them by saying things and even hitting them. His hitting people may be an early sign of a serious problem. Hitting in someone who has been an alcoholic for awhile is his dislike for himself and his drinking, but he takes it out on others.

Guilt (feeling bad)

Now he sees what he has been doing to himself and others and he can't throw it off as easily as before. Others may think badly of him, but he is his own worst enemy. He feels so bad about his drinking that it may cause him to drink even more. These feelings are now as much a part of his alcoholism as drinking and getting drunk.

Water-wagon

Now comes the time he tries to quit drinking on his own, to get on the water wagon, to give up alcohol, not forever, but for awhile. This he thinks will "prove" he really doesn't have a problem with

alcohol. He may make it through the time he has set--a week, a month or whatever - but then his need for alcohol may cause him to shorten the time he has set for being on the wagon. If it does he will have a good story ready.

Changes drinking pattern

If he's been "on the wagon" to prove that he can handle his drinking, he may now try something else. He may change his ways of drinking to show that he can start to drink again without having the same old problems. He may change drinks - from whiskey to beer, or he may change bars or times for drinking. But no matter how many changes he makes, if it's alcohol he's drinking, he'll soon be back into the same old problems he had before.

Losing friends

As he keeps on drinking he will drink too much, he will get drunk, and now his friends will begin to pull away. He may begin to make friends with people who okay his drinking. When he can finally quit, he will be hurt to find out that his "real friends" were nothing more than "drinking friends."

Problems on the job

Until now he could keep from having problems on the job. But he can no longer hide his hangovers, his missing work and his silly mistakes. His boss knows he drinks too much. He is being watched. Others move ahead while he stands still; he's in a rut. Or he loses his job. He's fired, or he quits. He would rather quit so he can say that he has never lost a job because of his drinking, which in his own mind is just another way of saying that he isn't an alcoholic.

Alcohol becomes more important

Before he tried to keep his drinking from hurting his work, family, friends, and his life, but now it does. Alcohol has complete control. Life is slowly but surely becoming just him and the bottle. Last year he went hunting with the fellows, but didn't get his gun out of the case because he got drunk. This year he didn't go hunting at all. He stayed behind to get drunk.

Family problems

Until now he may have been able to keep his family together. But the big problems are on his wife and children. They suffer more and more from his drinking problem. The person who doesn't drink has to take care of the family, manage the checkbook, and make the children mind. At this point they may become fed up and get a separation or a divorce.

Seeks help

Problems with the family or the job may cause him to seek help. He may show the first signs of coming to grips with his problem. But even now he is often not seeking help for his drinking. He wants help to put the rest of his life back in order though.

The whole world has turned against him.

By now he finds fault in everything and everyone. He is very hard to live with. And his feelings are more his hating himself than others.

Escape - The problems are too much

He hates himself and others, so he tries to get away from it all. He may try to get away mentally or by actually moving. He moves to the other side of town, or to a new town. He changes jobs, or he changes

"drinking buddies." But whereever he goes the problems of drinking follow him.

Takes care of his supply

He makes sure there is enough to drink and that nobody gets rid of his alcohol. The thought of being without alcohol is painful, so he hides a bottle in the garage, in the toilet tank, in the basement - anywhere and everywhere.

Chain drinking

The body needs alcohol. He has to have a certain amount of alcohol in his body at all times. When the liver burns off some of the alcohol he drinks more because he begins to have withdrawal pains.

Morning drink

The morning drink takes care of the hangover, the jitters and his feeling depressed. He needs it to start the day right. This starts his drinking all the time and speeds up the alcoholism.

THE LAST PHASE - THE BOTTOM

Now he is getting close to the bottom. He has injured parts of his body and he can get other illnesses easily. He no longer is friendly with his family or friends. His mind is slowly going bad.

Binge drinking

Now he drinks for days, helpless. He does not think about his family, job or anything. The binge may leave him shaking, scared, and feeling bad about what he has done. "Never again" - he says. But it happens again, and again, and again.

Morals breakdown

Until now he may have been able to stay honest. But now he needs alcohol so much that he will lie, borrow, or steal to keep himself in alcohol.

Everyone is watching him

At this point the alcoholic person feels that everyone is watching him, talking about him,even plotting to have him put away. He feels that everytning that's happened to him is not his fault.

He distrusts and resents everyone

He distrusts friends, fellow workers, neighbors, and family. Usually he loses his desire for sex and he may think his wife is cheating on him because he cannot perform.

He will drink anything.

If he can't get beer, wine, or whisky, he will even drink shaving lotion or canned heat.

Less alcohol needed to get drunk

Because of the poor shape he is in, he needs less and less alcohol to become drunk. Perhaps it may take only half the amount it took before. Before, he had a reason for his fears; now he is afraid of crossing the street, of dark rooms, of all kinds of things with no reason. He is afraid of things he cannot even name.

He has the shakes.

He's had them before but he could always get rid of them by drinking more. Now they are worse and drinking does not get rid of them anymore. Now he drinks and shakes, and he shakes and drinks.

He loses a lot of control over his body.

He cannot tie his shoes, button his shirt or wind his watch until he "steadies himself" with a few drinks. Even with alcohol, he will soon reach the point where his arms and legs will not do what he wants.

He may turn to God.

After all else fails, at this point, he may turn to God. He finally sees that he does have a problem. He does not know what to do. Maybe God can help. He may not ask God to help take away his wanting alcohol. He may ask God to help him manage his drinking, to help him keep those drinks down at a time when his body has nearly been killed.

The circle begins.

He has done everything. He begins by being down in the dumps. He takes a drink to perk up. Shortly he is back down in the dumps again. He gets sick, drinks to feel better, becomes ill again. Around and around he goes. He is just drinking to drink, drinking to stay alive.

He can no longer make excuses for himself.

He can not blame others either. He may see he cannot help himself. He cannot hide the facts anymore. "I need help and I want help!"

He needs help and wants help.

He can no longer make excuses for himself. He cannot blame others either. He may see he can not help himself. He cannot hide the facts any more. "I need help and I want help!" There are three things he can do:

1. He can get help to give up alcohol and start to get well, or
2. He can keep drinking to where he may need to be put away, or
3. He may drive himself to death.

A HELPING HAND

Does an alcoholic person need to go through all the phases before he can be helped?

No! Alcoholism can be stopped at any time, the sooner the better.

The reason treatment centers are seeing younger people today than a few years ago is that early signs are seen and it can be helped before the problem gets worse.

Isn't it true that an alcoholic can't be helped until he wants help?

Not always. When a person shows signs of alcoholism, at any stage, do not wait until the person "hits bottom." Make the person look at himself. Help him to understand that alcohol is a drug and what that drug is doing to his body, his job, his family, and friends. Do not protect him from what alcohol does. The sooner he sees this and also sees there is a better way to live, the sooner something can be done to help him.

You keep talking about alcoholic persons, or people with alcoholism. Why not say alcoholics?

Because they <u>are</u> people, people with problems and the sooner we treat them as people we can better deal with their problems. The problem is not just a thing - the problem is with a person, a person who needs love, understanding, help and support for not drinking.

In what ways are people who show signs of alcoholism being made to look at their problems?

On the job, for one. People who show signs of alcoholism are being made to look at themselves. They may be asked to get help or look for a new job. This has helped some workers overcome alcoholism in the early stages before they "hit bottom". Often young drivers, charged with drunk driving must go to an alcoholism treatment center for the class there. Studies show that up to 40 per cent of those arrested for drunk driving show early signs of alcoholism, and because they must get into treatment programs they can get help before their problems get worse.

Where else can people with alcoholism get help?

Listings for Alcoholics Anonymous (AA) may be found in nearly every telephone book. There are also groups for families of people with alcoholism called Al Anon and there is also Alateen for children of alcoholic persons.

JOHN HOPKINS UNIVERSITY HOSPITAL QUESTIONS

		Yes	No	Sometimes
1.	Do you need a drink the next norning?			
2.	Do you like to drink alone?			
3.	Do you miss work because of drinking?			
4.	Is your drinking hurting your family in any way?			
5.	Do you need a drink the same time every day?			
6.	Do you get the shakes if you stop drinking?			
7.	Does your drinking make you get mad easy?			
8.	Does your drinking make you reckless about your family's safety?			
9.	Do you think less of your husband or wife since drinking?			
10.	Has drinking changed you?			
11.	Does your drinking make you sick or cause any other problems with your body?			
12.	Do you have problems sleeping because of drinking?			
13.	Does your drinking make you do things without thinking?			
14.	Do you have less self-control since drinking?			
15.	Do you have less "get up and go" since drinking?			
16.	Do you have less drive since drinking?			
17.	Do you drink to be at ease with people?			
18.	Do you drink to feel better about yourself?			
19.	Has your sex life suffered since drinking?			
20.	Do you dislike or hate things more since drinking?			
21.	Are you more jealous since drinking?			
22.	Does your drinking make you moody?			
23.	Do you do things as well now as you did before drinking?			
24.	Are you harder to get along with since drinking?			
25.	Do you go with a bad crowd or go to second-rate places since drinking?			
26.	Is drinking hurting your health?			
27.	Is drinking hurting your peace of mind?			
28.	Is drinking hurting your business or work?			
29.	Is drinking hurting your good name--do people think less of you?			
30.	Have you ever had a blackout while or after drinking?			

PREGUNTAS: HOSPITAL DE LA UNIVERSIDAD DE JOHN HOPKINS

(JOHN HOPKINS UNIVERSITY HOSPITAL QUESTIONS)

	Si	No	A Veces
1. Necesita un trago o bebida la mañana siguiente?.....			
2. Le gusta tomar solo?.....			
3. Pierde trabajo por causa de la tomada?.....			
4. Hace daño su tomada a su familia?.....			
5. Necesita un trago o bebida a la misma hora cada día?...			
6. Si deja de tomar empieza a temblar o estremecerse?.....			
7. Su tomada lo hace que se enoje facilmente?.....			
8. Su tomada lo hace descuidado de su familia?.....			
9. Piensa menos en su esposo o esposa desde que empezo a tomar?.....			
10. El tomar lo a cambiado a usted?.....			
11. El tomar lo hace enfermo o causa otras problemas en su cuerpo?.....			
12. Tiene problemas con el dormir por causa de su tomada?...			
13. El tomar le causa que haga cosas sin pensar?.....			
14. Siente que tiene menos control sobre si mismo desde que empezo a tomar?.....			
15. Siente que tiene monos ganas de salir desde que empezo a tomar?.....			
17. Toma paro sentirse comodo con la gente?.....			
18. Toma para sentirse mejor de usted mismo?.....			
19. Ha sufrido su vida sexual por causa de la tomada?.....			
20. Le desagrada o aborece a mas cosas ahora que antes que empezo a tomar?.....			
21. Se ha hecho mas celoso con la tomada?.....			
22. Si ha hecho mas caprichoso con la tomado?.....			
23. Le gusta salir y tomar parte en divirsiones como antes..			
24. Es mas dificil llevarse bien con usted ahora que antes de tomar?.....			
25. Se junta con gente mala o va a las cantinas corrientes?			
26. Le esta haciendo daño la tomada a su salud?.....			
27. La tomada le impide que su pensamiento descanse?.....			
28. La tomada le esta dañando su negocio o trabajo.....			
29. La tomada le esta dañando su nombre? La gente piensa menos de usted?.....			
30. Se desmaya cuando esta tomando o despues de que toma?...			

ALCOHOL INFORMATION SURVEY

Circle the answer that best tells your feelings and drinking habits.

1. When do you drink the most often?

   a. at parties or social events b. with one or two others c. often alone

2. Do you turn down drinks?

   a. often b. sometimes c. only once in awhile

3. How would you feel at a party or social event where there is no alcohol?

   a. OK b. uneasy c. upset, very uneasy

4. Do you drink to the point of getting high?

   a. not often b. sometimes c. often

5. At social events, how much do you drink?

   a. less than most b. about the same as most c. more than most

6. Do you worry about your drinking?

   a. never b. sometimes c. often

7. Do you drink at or because of work?

   a. not often b. sometimes c. often

8. Do you need to drink to feel at ease?

   a. no b. it helps c. yes

9. When picking friends, do they have to like to drink?

   a. no, not important b. sort of important c. yes, important

10. Do you sometimes feel a need for a drink?

    a. never b. sometimes c. often

11. What is the main reason you drink at parties or social events?

    a. to be social or friendly b. to have a better time c. to feel at ease

12. When planning to go places, do you think about alcohol being served or not?

    a. never b. sometimes c. often

13. How would you feel where no alcohol was served?

    a. OK b. uneasy c. bored

14. Have you ever had a blackout?

a. never b. sometimes c. often

15. Can you do your job as well since drinking?

a. yes b. almost as well c. not as well

16. How would you feel if your boss asked about your drinking?

a. OK b. a little upset c. mad

17. Do you ever get the shakes?

a. never b. sometimes c. often

18. How often do you have hangovers?

a. not often b. sometimes c. often

19. How do you feel about the "high" alcohol gives?

a. OK b. very nice c. hard to get high

20. When you drink, how many drinks do you have?

a. 1 or 2 b. 3 or 4 c. 5 or more

21. Do you need to drink in your work or business?

a. no b. helpful c. yes

22. What would you say about your drinking?

a. in check b. not sure c. not in check

23. How would you feel if a friend asked about your drinking?

a. wonder why b. mad c. very mad

24. How does your husband or wife feel about your drinking?

a. OK b. upset c. mad

INFORMACION SOBRE EL ALCOHOL

(ALCOHOL INFORMATION SURVEY)

Circule la respuesta que mejor describe sus sentimientos o costumbres de tomar.

1. Cuando es cuando toma mas?

   a. Fiestas o eventos sociales
   b. con una o dos personas
   c. frecuentemente solo

2. Rechaza bebidas que se le ofresen?

   a. frecuentemente
   b. algunas veces
   c. casi nunca

3. Como se sinteria usted en una fiesta o evento social donde no habia alcohol?

   a. bien
   b. intranquilo
   c. muy intranquilo

4. Toma hasta el punto en que se siente alegre?

   a. casi nunca
   b. algunas veces
   c. frequentemente

5. Que tanto toma en eventos sociales?

   a. menos que los demas
   b. igual que los demas
   c. mas que los demas

6. Se preocupa por que toma?

   a. nunca
   b. algunas veces
   c. frecuentemente

7. Toma en el trabajo o por causa de su trabajo?

   a. casi nunca
   b. algunas ueces
   c. frecuentemente

8. Necesita tomar para sentirse comodo

   a. no
   b. me ayuda
   c. si

9. Al escoger amigos necesita que a ellos les guste tomar?

   a. no, no es importante
   b. poco importante
   c. si es importante

10. Hay veces que siente que necesita un trago? o cerveza?

   a. nunca
   b. algunas veces
   c. frequentemente

11. Que es la razon principal por que toma en una fiesta o evento social?

   a. para ser social o amigable
   b. para pasar un buen tiempo
   c. para sentirse comodo

12. Cuando hace planes de ir a un lugar, piensa sobre si se va ha servir alcohol o no?

   a. nunca
   b. algunas veces
   c. frequentemente

13. Como se siente cuando no se sirve alcohol?

   a. bien
   b. inquieto
   c. aburrido

14. Ha tenido un obscurecimiento o se ha desmayado?

   a. nunca
   b. algunas veces
   c. frequentemente

15. Puede hacer su trabajo igual que antes que empezo a tomar?

   a. si
   b. casi igual
   c. no muy bien

16. Como se senteria si su patron le pregunta sobre su tomada?

   a. bien
   b. un poco trastornado
   c. enojado

17. Le dan estremecimientos? Otemblar de cuerpo?

   a. nunca
   b. algunas veces
   c. frequentemente

18. Que tan frequente tiene una cruda?

a. casi nunca
b. algunas veces
c. frequentemente

19. Que piensa de la "alegria" que le da el alcohol?

a. bueno
b. muy bueno
c. es dificil para sentir la "alegria"

20. Cuando toma, que tantas cervezas o tragos toma?

a. 1-2
b. 3-4
c. 5 y mas

21. Necesita un trago en su trabajo o negocio?

a. no
b. algunas veces
c. si

22. Que cree de su tomada?

a. normal
b. no esta seguro
c. es un problema dificil

23. Que pensaria si un amigo le preguntaba algo sobre su tomada?

a. me extrañaria la pregunta
b. me enojaria
c. me enojaria mucho

24. Que piensa su esposa o esposo de su tomada?

a. no le molesta
b. le molesta
c. le molesta demasiado

SESSION VI

STUDENT HANDOUT MATERIALS

GROUP DYNAMICS - SELF-ASSESSMENT

In light of what you now know about alcohol in general and the problem of drinking and driving, please write down in detail what you can do to remedy and/or prevent the situation that led to your arrest.

In light of what you know about alcohol in general and in view of the films and general discussion please write down: Do you feel you have a drinking problem? Regardless of your answer give your reasons concerning each of the categories listed below:

Physical Health:

Family, social, work:

Drinking Habits, why, how often, how much, etc.

General Comments:

No Name Necessary

G A T E W A Y T E C H N I C A L I N S T I T U T E

GROUP DYNAMICS PROGRAM AND INSTRUCTOR EVALUATION

1. What factual or discussion information do you remember best from the course?

_____

_____

_____

2. How well did the instructor state the objectives of the program?

____Excellent ____Very Good ____Good ____Fair ____Poor

3. How well did the instructor keep the session alive and interesting?

____Excellent ____Very Good ____Good ____Fair ____Poor

4. How well did the instructor maintain a friendly and helpful manner?

____Excellent ____Very Good ____Good ____Fair ____Poor

5. How well organized was the instructor's presentation?

____Excellent ____Very Good ____Good ____Fair ____Poor

6. I thought the course was:

____ a. Very well presented and very useful

____ b. Of some value

____ c. Was poorly presented and a waste of time

7. In reference to the information and materials presented:

____ a. Of little practical value

____ b. It was very meaningful

____ c. Had some practical value

8. In reference to the group discussion:

____ a. Everyone had the opportunity to participate adequately

____ b. Not enough group discussion

____ c. Other - Explain:_____

_____

_____

No name necessary

9. In reference to films:

____ a. Too many films

____ b. Not enough

____ c. Adequate number

10. The films were:

____ a. Extremely useful

____ b. Useful

____ c. Somewhat useful

____ d. Of no value

11. What did you like about the program:

_____

_____

_____

_____

_____

_____

_____

12. What did you dislike about the program:

_____

_____

_____

_____

_____

_____

_____